

INTEGRATED MARTIAL ARTS WELLBEING CENTRE CLASS TIME-TABLE

TIMETABLE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM - 5 PM	6 AM - 4:30 PM <i>* Venue Available for Hire *</i>	6:30 AM - 7:30 AM Meditation & Yoga	6 AM - 4:15 PM <i>* Venue Available for Hire *</i>	6 AM - 3:45 PM <i>* Venue Available for Hire *</i>	6:30 AM - 7:40 AM Strength/Conditioning	7 AM - 8 AM ★Team ParkRun★ <i>(meet near Urangan Pier)</i>	6 AM - 10 PM <i>* Venue Available for Hire *</i>
		7:45 AM - 3:45 PM <i>* Venue Available for Hire *</i>			4 - 5 PM Muay Thai (Children)	7:45 - 5:50 PM <i>* Venue Available for Hire *</i>	
5 - 6 PM	4:30 - 5:45 PM Integrated Martial Arts Foundation Class	5:10 - 6:20 PM <i>* Venue Available for Hire *</i>	4:30 - 5:30 PM "Combat Cardio" (Strength & Fitness)	5:10 - 6:20 PM <i>* Venue Available for Hire *</i>	6 PM - 7:30 PM MMA & Submission Grappling <i>* Beginners Class *</i>	9:45 AM - 10 PM <i>* Venue Available for Hire *</i>	PAYMENT INFO <i>Option 1</i> Casual: \$10 adults \$8 child <i>Option 2</i> 10-Visit-Card: \$90 adults \$70 child <i>Option 3</i> Weekly Bank Deposit: \$30 (all classes & gym) Bendigo "Community Branch" - Hervey Bay: Integrated Wellbeing Centre BSB: 633000 ACC: 158109710
6 - 7 PM	6 PM - 7:30 PM MMA & Submission Grappling <i>* Beginners Class *</i>		5:40 - 6:40 PM Integrated Yoga				
7 - 8:30 PM	7:30 PM - 8:30 PM MMA & Submission Grappling <i>* Advanced Class *</i>	6:30 - 8:30 PM Muay Thai	6:45 - 8:30 PM Integrated Martial Arts MMA Class	6:30 - 8:30 PM Muay Thai	7:30 PM - 8:30 PM MMA & Submission Grappling <i>* Advanced Class *</i>		
Available for Hire	Michael's Classes	Royce's Classes	Tyson's Class	Josh's Classes	Shared Session		



CONTACT DETAILS

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