

# 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<br>* Venue Available for Hire *  | 6:30 AM - 7:30 AM<br>Meditation & Yoga                     | 6 AM - 4:25 PM<br>* Venue Available for Hire * | 6 AM - 6 PM<br>* Venue Available for Hire * | 6:30 AM - 7:40 AM<br>Strength/Conditioning     | 7 AM<br>★Team ParkRun★<br>(meet near Urangan Pier)                                                                                                                                                                                                                                                                                                                           | 6 AM - 10 PM<br>* Venue Available for Hire *        |                                                                          |                                                |                                                 |                                                                    |
|                    |                                                 | 4:30 - 5:45 PM<br>Integrated Martial Arts Foundation Class |                                                |                                             | 7:45 AM - 6 PM<br>* Venue Available for Hire * | 4:30 - 5:30 PM<br>"Combat Cardio"<br>(Boxing & Fitness)                                                                                                                                                                                                                                                                                                                      |                                                     | 7:45 AM - 5:50 PM<br>* Venue Available for Hire *                        | 6 AM - 8:20 AM<br>* Venue Available for Hire * |                                                 |                                                                    |
|                    | 6 PM - 7:30 PM<br>MMA &<br>Submission Grappling |                                                            | 6 PM - 8:30 PM<br>Muay Thai                    |                                             |                                                |                                                                                                                                                                                                                                                                                                                                                                              | 6:45 - 8:30 PM<br>Integrated Martial Arts MMA Class |                                                                          | 6 PM - 8:30 PM<br>Muay Thai                    | 6 PM - 7:30 PM<br>MMA &<br>Submission Grappling | 8:30 AM - 9:30 AM<br>Integrated Fitness Class<br>+ Full Gym-Access |
|                    |                                                 |                                                            |                                                |                                             |                                                |                                                                                                                                                                                                                                                                                                                                                                              |                                                     |                                                                          |                                                |                                                 |                                                                    |
| 5 - 6 PM           |                                                 |                                                            |                                                |                                             |                                                | <b>PAYMENT INFO</b><br><b>Option 1</b><br><b>Casual:</b><br>\$12 adults \$10 child<br><b>Option 2</b><br><b>10-Visit-Card:</b><br>\$110 adults \$90 child<br><b>Option 3</b><br><b>Weekly Bank Deposit:</b><br>\$35 (all classes & gym)<br><br>Bendigo “Community Branch” - Hervey Bay:<br><b>Integrated Wellbeing Centre</b><br><b>BSB: 633000</b><br><b>ACC: 158109710</b> |                                                     |                                                                          |                                                |                                                 |                                                                    |
| 6 - 7 PM           |                                                 |                                                            |                                                |                                             |                                                |                                                                                                                                                                                                                                                                                                                                                                              |                                                     |                                                                          |                                                |                                                 |                                                                    |
| 7 - 8:30 PM        |                                                 |                                                            |                                                |                                             |                                                |                                                                                                                                                                                                                                                                                                                                                                              |                                                     |                                                                          |                                                |                                                 |                                                                    |
| Available for Hire |                                                 | Michael's Classes                                          | Royce's Classes                                | Tyson's Classes                             | Shared Session                                 |                                                                                                                                                                                                                                                                                                                                                                              | Available for Hire                                  | *If you would like to Hire the Venue<br>Call 0402 992 074 for more info. |                                                |                                                 |                                                                    |



### CONTACT DETAILS

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