

INTEGRATED MARTIAL ARTS CENTRE MMA & GRAPPLING CLASSES

Experienced Instructor & MMA Fighter: Josh Seedsman



MONDAY'S 7 PM – 8:30 PM + FRIDAY'S 6:30 PM – 8 PM

87 Islander Rd, Pialba (Phoenix Court)

Price: Option 1 (Casual) \$8 adults or \$6 child • Option 2 (10-Visit-Card) \$70 adults or \$50 child



☯ **LEARN EFFECTIVE MMA GRAPPLING & BJJ TECHNIQUES** ☯

☯ **PROFESSIONAL ENVIRONMENT** ☯ **DEDICATED INSTRUCTOR** ☯

Contact: Josh Seedsman Phone: 0411 619 939 Email: joshseedsmanbodymodifications@gmail.com

Website: www.integratedacademy.com/WellbeingCentre