


INTEGRATED MARTIAL ARTS WELLBEING CENTRE CLASS TIME-TABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM - 5 PM	6 AM - 10 AM <i>* Venue Available for Hire *</i>	6:15 AM - 7:15 AM Meditation & Yoga	6 AM - 10 AM <i>* Venue Available for Hire *</i>	6 AM - 10 AM <i>* Venue Available for Hire *</i>	6:15 AM - 7:15 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>
	Youth Programs & PT Sessions etc.	Youth Programs & PT Sessions etc.	Youth Programs & PT Sessions etc.	Youth Programs & PT Sessions etc.	Youth Programs & PT Sessions etc.	8:30 AM - 9:30 AM Fitness Class + Full Gym-Access (8:20 AM - 9:40 AM)	<p><u>PAYMENT INFO</u></p> <p>Option 1 Casual: \$8 adults \$6 child</p> <p>Option 2 10-Visit-Card: \$70 adults \$50 child</p> <p>Option 3 Weekly Bank Deposit: \$25 (all classes & gym) Bendigo "Community Branch" - Hervey Bay: Integrated Wellbeing Centre BSB: 633000 ACC: 158109710</p>
	4:30 - 5:45 PM Integrated Martial Arts Foundation Class	4 - 5 PM <i>* Contact Chep for BJJ *</i>	5 - 6:30 PM Muay Thai	4:30 - 5:30 PM "Confidence to Survive" <i>(Self-defence & Awareness)</i>	4 - 5 PM <i>* Contact Chep for BJJ *</i>	5 - 6 PM Cardio & Fitness	
5:50 - 7 PM Cardio & Fitness	5 - 6:40 PM Integrated Yoga	5:40 - 6:40 PM Integrated Yoga	5 - 6:30 PM Muay Thai	6:30 - 8 PM MMA & Submission Grappling	10 AM - 10 PM <i>* Venue Available for Hire *</i>		
6 - 7 PM	7 - 8:30 PM MMA & Submission Grappling	6:30 - 7:40 PM <i>* Contact Chep for BJJ *</i>	6:45 - 8:30 PM Integrated Martial Arts MMA Class	6:30 - 7:40 PM <i>* Contact Chep for BJJ *</i>			
7 - 8:30 PM							
Michael's Classes	Narelle's Classes	Available for Hire	Dale's Class	Josh's Classes	Shared Sessions	Chep's BJJ classes are also available. Call 0418 711 248 for more info.	




CONTACT DETAILS

✦ Michael Green: 0402 992 074 or *Email: integratedacademy@gmail.com* ✦

✦ Narelle Leahey: 0408 730 165 or *Email: aussierel@gmail.com* ✦

✦ Dale MacKenzie: 0424 238 447 or *Email: all4they@hotmail.com* ✦

✦ Josh Seedsman: 0411 619 939 or *Email: joshseedsmanbodymodifications@gmail.com* ✦



TRAINING CENTRE ADDRESS: 87 Islander Rd, Pialba (Phoenix Court)

* Please park on street if class is before 5:00 pm. Drop off is fine to drive into training Centre