

## INTEGRATED MARTIAL ARTS WELLBEING CENTRE CLASS TIME-TABLE

TIMETABLE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6 AM - 5 PM	6 AM - 4:25 PM <i>* Venue Available for Hire *</i>	6:30 AM - 7:30 AM Meditation & Yoga	6 AM - 4:25 PM <i>* Venue Available for Hire *</i>	6 AM - 4:25 PM <i>* Venue Available for Hire *</i>	6 AM - 5:55 PM <i>* Venue Available for Hire *</i>	7 AM ★Team ParkRun★ <i>(meet near Urangan Pier)</i>	6 AM - 10 PM <i>* Venue Available for Hire *</i>	
		4:30 - 5:45 PM Integrated Martial Arts Foundation Class				7:40 AM - 5:45 PM <i>* Venue Available for Hire *</i>		6 AM - 8:25 AM <i>* Venue Available for Hire *</i>
5 - 6 PM	6 PM - 7:15 PM MMA & Submission Grappling		4:30 - 5:30 PM "Combat Cardio" (Boxing & Fitness)	4:30 PM - 6:00 PM Integrated Martial Arts MMA Class	6 PM - 7:30 PM MMA & Submission Grappling	8:30 AM - 9:30 AM Integrated Fitness Class + Full Gym-Access	<b><u>PAYMENT INFO</u></b> <b>Option 1</b> <b>Casual:</b> \$12 adults \$10 child <b>Option 2</b> <b>10-Visit-Card:</b> \$110 adults \$90 child <b>Option 3</b> <b>Weekly Bank Deposit:</b> \$35 (all classes & gym)  Bendigo "Community Branch" - Hervey Bay: <b>Integrated Centre</b> <b>Michael J Green</b> <b>BSB: 633000</b> <b>ACC: 158109710</b>	
			6 PM - 7 PM Muay Thai	5:40 - 6:40 PM Integrated Yoga				6 PM - 7 PM Muay Thai
6 - 7 PM	7:15 PM - 8:30 PM Integrated Martial Arts MMA Class	7 PM - 8:30 PM Muay Thai	6:45 - 8:15 PM Integrated Martial Arts MMA Class	7 PM - 8:30 PM Muay Thai	7:30 PM - 8:30 PM Muay Thai			
7 - 8:30 PM	Available for Hire	Michael's Classes	Royce's Classes	Tyson's Classes	Cody's Classes	Shared Session		*If you would like to Hire the Venue Call 0402 992 074 for more info.



### CONTACT DETAILS

- ✦ Michael Green: 0402 992 074 or *Email: integratedacademy@gmail.com* ✦
- ✦ Royce Smith: 0487 941 900 or *Email: roycealways@gmail.com* ✦
- ✦ Tyson Kotevski: 0431 203 811 or *Email: TAKotevski@gmail.com* ✦
- ✦ Cody Moras: 0411 917 828 or *Email: morasive09@gmail.com* ✦



**TRAINING CENTRE ADDRESS: 87 Islander Rd, Pialba** (Within the Phoenix Court complex)  
**Integrated Website : [www.integratedacademy.com](http://www.integratedacademy.com)**