

INTEGRATED MARTIAL ARTS CENTRE MMA & GRAPPLING CLASSES

Experienced Instructor & MMA Fighter: Josh Seedsman



MONDAY'S AND FRIDAY'S 6:00 PM – 8:30 PM

6pm – 7:30pm Beginners MMA & Fitness ... 7:30pm – 8:30pm Intermediate & Fighters Class

87 Islander Rd, Pialba (Phoenix Court)

Price: Option 1 (Casual) \$10 adults or \$8 child • Option 2 (10-Visit-Card) \$90 adults or \$70 child



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

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

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