

# INTEGRATED MARTIAL ARTS WELLBEING CENTRE



## WARRIOR FITNESS CLASS



★ **HIGH ENERGY MUSIC ... STRENGTH TRAINING ... FITNESS** ★

★ **EMPOWERING ATMOSPHERE ... SUITABLE FOR EVERYONE** ★



✦ **SATURDAYS 8:30 AM ~ 9:30 AM** ✦

(87 Islander Rd, Pialba ~ Phoenix Court)

Price: Option 1 (Casual) \$10 adults or \$7 child • Option 2 (10-Visit-Card) \$80 adults or \$60 child

For more info contact Michael on 0402 992 074

