


## INTEGRATED MARTIAL ARTS WELLBEING CENTRE CLASS TIME-TABLE

TIMETABLE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM - 5 PM	6 AM - 4:30 AM <i>* Venue Available for Hire *</i>	6:30 AM - 7:30 AM Meditation & Yoga	6 AM - 11 AM <i>* Venue Available for Hire *</i>	6 AM - 11 AM <i>* Venue Available for Hire *</i>	6:30 AM - 7:30 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>
		9:30 AM - 10:30 AM <i>* Contact Zack for All - Abilities Wellbeing Class</i>	Youth Programs & PT Sessions etc.	Youth Programs & PT Sessions etc.	Youth Programs & PT Sessions etc.	Youth Programs & PT Sessions etc.	
5 - 6 PM	4:30 - 5:45 PM Integrated Martial Arts Foundation Class	4 - 5 PM Muay Thai					4:30 - 5:30 PM "Confidence to Survive" <i>(Self-defence &amp; Awareness)</i>
	6 - 7 PM	6:30 - 8 PM MMA & Submission Grappling	5 - 6 PM <i>* Contact Royce for Muay Thai *</i>	5:40 - 6:40 PM Integrated Yoga	5:35 - 6:40 PM <i>* Contact Jamie for Aikido *</i>	6:30 - 8 PM MMA & Submission Grappling	
7 - 8:30 PM			6 - 8:30 PM <i>* Venue Available for Hire *</i>	6:45 - 8:30 PM Integrated Martial Arts MMA Class	6:45 - 8:30 PM Muay Thai		
	Available for Hire	Michael's Classes	Royce's Class	Dale's Class	Josh's Classes	Shared Session	<p><i>*Royce's extra classes also available. Call 0487 941 900 for more info.</i></p> <p><i>*Jamie's Aikido classes also available. Call 0457 524 220 for more info.</i></p> <p><i>* Zack's All-Abilities classes also available. Call 0437 734 958 for more info.</i></p>




**CONTACT DETAILS**

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

✦ Royce Smith: 0487 941 900 or *Email: roycealways@gmail.com* ✦

✦ Dale MacKenzie: 0415 438 262 or *Email: all4they@hotmail.com* ✦

✦ Josh Seedsman: 0478 129 288 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