

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 - 5:55 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>	4:30 - 5:30 PM "Combat Cardio" (Boxing & Fitness)			6 AM - 8:25 AM <i>* Venue Available for Hire *</i>	
						6 PM - 7:30 PM MMA & Submission Grappling	8:30 AM - 9:30 AM Integrated Fitness Class + Full Gym-Access
	7 - 8:30 PM	6 PM - 8:30 PM Muay Thai	5:40 - 6:40 PM Integrated Yoga			6 PM - 7:30 PM MMA & Submission Grappling	9:40 AM - 10 PM <i>* Venue Available for Hire *</i>
7:30 PM - 8:30 PM Muay Thai	6:45 - 8:30 PM Integrated Martial Arts MMA Class	6 PM - 8:30 PM Muay Thai	7:30 PM - 8:30 PM Muay Thai				
<i>Available for Hire</i>		Michael's Classes	Royce's Classes	Tyson's Classes	Shared Session	<i>Available for Hire</i>	*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* ✦



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