

INTEGRATED MARTIAL ARTS FOUNDATION CLASS

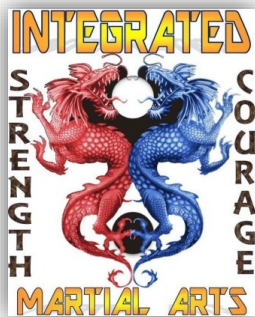


INTEGRATED MARTIAL ARTS WELLBEING CENTRE

(87 Islander Rd, Pialba ~ Phoenix Court)



☯ ALL AGES WELCOME ☯ SAFE AND FRIENDLY ENVIRONMENT ☯



3RD DEGREE BLACK BELT INSTRUCTOR: MICHAEL GREEN

✦ MONDAY'S FROM 4:30 PM TO 5:45 PM ✦

Price: Option 1 (Casual) \$12 adults or \$10 child • Option 2 (10-Visit-Card) \$110 adults or \$90 child



✦ GREAT FOR DEVELOPING INNER CONFIDENCE ✦

✦ ENCOURAGES HARMONY OF MIND, BODY AND EMOTIONS ✦

✦ FOCUSES ON SELF-DEVELOPMENT AND INSPIRATION ✦



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