INTEGRATED MARTIAL ARTS WELLBEING CENTRE
CLASS TIME-TABLE

TIMETABLE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM - 5 PM	6 AM - 4:30 PM ** Venue Available for Hire **	6:30 AM - 7:30 AM Meditation & Yoga	6 AM - 4:25 PM ** Venue Available for Hire **	6 AM - 5 PM ** Venue Available for Hire **	6:30 AM - 7:40 AM Strength/Conditioning	7 AM ✯Team ParkRun ✯ *(meet near Urangan Pier)*	6 AM - 10 PM ** Venue Available for Hire **
		7:45 AM - 5 PM ** Venue Available for Hire **			7:45 - 5:50 PM ** Venue Available for Hire **	7 AM - 8:25 AM * Sanuk BJJ * Contact Chep 0418711248	**PAYMENT INFO** ***Option 1*** **Casual:** $12 adults $10 child ***Option 2*** **10-Visit-Card:** $110 adults $90 child ***Option 3*** **Weekly Bank Deposit:** $35 (all classes & gym) Bendigo "Community Branch" - Hervey Bay: **Integrated Wellbeing Centre** **BSB: 633000** **ACC: 158109710**
	4:30 - 5:45 PM Integrated Martial Arts Foundation Class		4:30 - 5:30 PM "Combat Cardio" (Strength & Fitness)			8:30 AM - 9:30 AM Integrated Fitness Class + Full Gym-Access	
5 - 6 PM		5 PM - 7 PM * Sanuk BJJ * Contact Chep 0418 711 248		5 PM - 7 PM * Sanuk BJJ * Contact Chep 0418 711 248		9:35 AM - 10:45 AM * Sanuk BJJ * Contact Chep 0418 711 248	
	6 PM - 7:30 PM MMA & Submission Grappling * Beginners Class *		5:40 - 6:40 PM Integrated Yoga		6 PM - 7:30 PM MMA & Submission Grappling * Beginners Class *		
6 - 7 PM		7 PM - 8:30 PM Muay Thai		7 PM - 8:30 PM Muay Thai		10:45 AM - 10 PM ** Venue Available for Hire **	
			6:45 - 8:30 PM Integrated Martial Arts MMA Class				
7 - 8:30 PM	7:30 PM - 8:30 PM MMA & Submission Grappling * Advanced Class *				7:30 PM - 8:30 PM MMA & Submission Grappling * Advanced Class *		

Available for Hire	Michael's Classes	Royce's Classes	Tyson's Class	Josh's Classes	Shared Session	✯ ***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 ✯

✯ Josh Seedsman: 0478 129 288 or *Email:* joshseedsmanbodymodifications@gmail.com ✯

TRAINING CENTRE ADDRESS: 87 Islander Rd, Pialba (Phoenix Court)

Integrated Website : www.integratedacademy.com