

INTEGRATED MARTIAL ARTS CENTRE OPEN MAT & SPARRING SESH

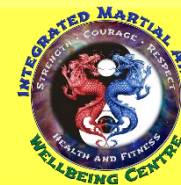
Experienced Instructor & MMA Fighter: Josh Seedsman



FRIDAY'S 6:00 PM – 7:30 PM

87 Islander Rd, Pialba (Phoenix Court)

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



☯ **LEARN & IMPLEMENT EFFECTIVE MMA TECHNIQUES** ☯

☯ **PROFESSIONAL ENVIRONMENT** ☯ **DEDICATED INSTRUCTOR** ☯

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