





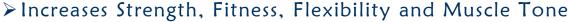
NTEGRATED MARTIAL ARTS TRAINING

(An initiative of the Integrated Development Academy)

MAIA Accredited Instructor: Michael Green

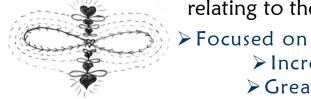
The Integrated Academy combines an effective variety of skills and practices relating to the Martial Arts and Self-Development in all of its many forms.





> Great for Self-Defence, Self-Confidence and Self-Control

> Develops Perseverance, Inspiration and Courage





☆ COURAGE OF HEART... HARMONY OF MIND ☆

★ Men & Women, Boys & Girls of all ages welcome **★** Very friendly, welcoming and safe environment

★ Training lessons are on Monday's from 4:30 pm till 5:45 pm at the Integrated Wellbeing Centre (87 Islander Rd, Pialba)

★ Tuesday & Thursday Nights from 6 pm till 7:30 pm at the Dundowran Recreation Hall (Dundowran Rd)

★ Wednesday Nights from 6:45 pm till 8:30 pm at the Integrated Wellbeing Centre (87 Islander Rd, Pialba)

☆ Personal Training sessions also available **☆** Martial Arts/Health & Fitness Equipment available for sale **☆**

Class Prices are: Group classes are \$10 per session

Personal Training sessions = \$50 per hr Membership/Insurance fee only \$25 per year

Contact: Michael Green Phone: 4125 3997 or 0402 992 074

Email: integrated academy @gmail.com Website: www.integratedacademy.com