

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 - 4:35 PM <i>* Venue Available for Hire *</i>	6 AM - 4:25 PM <i>* Venue Available for Hire *</i>	6 AM - 6 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>
		7:35 AM - 5:55 PM <i>* Venue Available for Hire *</i>				6 AM - 8:25 AM <i>* Venue Available for Hire *</i>	
5 - 6 PM	4:30 PM - 5:45 PM Integrated Martial Arts Foundation Class		6 PM - 7 PM Muay Thai	4:40 PM - 5:30 PM "Boxfit Fusion" (Boxing, Strength & Core)	4:30 PM - 6:00 PM Integrated Martial Arts MMA Class	6 PM - 7:30 PM Open Mat & Sparring Sesh	9:40 AM - 10 PM <i>* Venue Available for Hire *</i>
6 - 7 PM	5:50 PM - 7 PM <i>* Venue Available for Hire *</i>	5:40 PM - 6:40 PM Integrated Yoga		6 PM - 7 PM Muay Thai			
7 - 8:30 PM	7 PM - 8:30 PM Integrated Martial Arts MMA Class	7 PM - 8:30 PM Muay Thai	6:45 PM - 8:15 PM Integrated Martial Arts MMA Class	7 PM - 8:30 PM Muay Thai	7:30 PM - 8:30 PM Muay Thai	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	
Available for Hire	Michael's Classes	Royce's Classes	Cody's Classes	Josh's Class	Kerrie's Class		



CONTACT DETAILS

- ✦ Michael Green: 0402 992 074 or *Email: integratedacademy@gmail.com* ✦
- ✦ Royce Smith: 0487 941 900 or *Email: roycealways@gmail.com* ✦
- ✦ Cody Moras: 0411 917 828 or *Email: morasive09@gmail.com* ✦
- ✦ Josh Seedsman: 0478 129 288 or *Email: jseedsman18@gmail.com* ✦



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