

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 - 6 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 *		
		4:30 - 5:45 PM Integrated Martial Arts Foundation Class			7:45 AM - 6 PM * Venue Available for Hire *	4:30 - 5:30 PM "Combat Cardio" (Strength & Fitness)		6 AM - 8:20 AM * Venue Available for Hire *	8:30 AM - 9:30 AM Integrated Fitness Class + Full Gym-Access
	6 PM - 7:30 PM MMA & Submission Grappling * Beginners Class *		6 PM - 7:30 PM MMA & Submission Grappling * Beginners Class *				9:45 AM - 10 PM * Venue Available for Hire *		
5 - 6 PM							<u>PAYMENT INFO</u> 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		
6 - 7 PM									
7 - 8:30 PM									
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 ✪
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