

# INTEGRATED MARTIAL ARTS/DEVELOPMENT ACADEMY

## CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLASS BEGINS						
9:00 AM						Integrated Academy <b>Advanced Development</b> Body/Mind/Spirit class Venue: Pt. Vernon Park Instructor: Michael Green
11:00 AM						
4:30 PM	Integrated Academy <b>Integrated Martial Arts</b> <b>Foundation class</b> Venue: Integrated Centre Instructor: Michael Green					
6:00 PM	Integrated Academy <b>Integrated Martial Arts</b> <b>Foundation class</b> Venue: Burrum Heads Hall Instructor: Tahnee MacKenzie	Integrated Academy <b>Martial Arts Dojo class</b> Venue: Dundowran Hall Instructor: Michael Green		Integrated Academy <b>Martial Arts Dojo class</b> Venue: Dundowran Hall Instructor: Michael Green		
6:30 PM			Integrated Academy <b>MMA class</b> Venue: Integrated Centre Instructor: Michael Green			

### INSTRUCTOR CONTACTS



- ⊗ Michael Green: 040 299 2074 or 4128 7891 or Email: [integratedacademy@gmail.com](mailto:integratedacademy@gmail.com) ⊗
- ⊗ Tahnee MacKenzie: 047 522 0602 or Email: [goddesstahnee@gmail.com](mailto:goddesstahnee@gmail.com) ⊗
- ⊗ Brendan Severino: 048 807 3071 or Email: [sales@capsrus.com.au](mailto:sales@capsrus.com.au) ⊗
- ⊗ Amit Singh: [veinot.singh@hotmail.com](mailto:veinot.singh@hotmail.com) ⊗

**INTEGRATED ACADEMY WEBSITE:** [www.integratedacademy.com](http://www.integratedacademy.com)

\* The website also links to the Integrated Academy's YouTube & FaceBook page

