

INTEGRATED MARTIAL ARTS WELLBEING CENTRE

BOXING CLASSES

BOXING COACH: SIMON LEMANU



✦ **TUESDAY'S FROM 4 PM - 5:30 PM** ✦

(87 Islander Rd ~ Phoenix Court, Pialba) * Parking is street side

Price: Option 1 (Casual) \$8 adults or \$6 child • Option 2 (10-Visit-Card) \$70 adults or \$50 child



☯ **A DISCIPLINE-BASED BOXING SYSTEM WITH COACH SIMON** ☯

☯ **BE PART OF HEROES AGAINST BULLYING** ☯ **SAY NO TO DV AND DRUGS** ☯

☯ **SAY NO TO STREET VIOLENCE** ☯ **SPEAK OUT ABOUT DEPRESSION** ☯