

# INTEGRATED MARTIAL ARTS WELLBEING CENTRE



## CARDIO



## AND

## FITNESS CLASSES

★ EMPOWERMENT ... CONFIDENCE ... STRENGTH ... FITNESS ★

★ FRIENDLY ATMOSPHERE ... SUITABLE FOR EVERYONE ★



✦ MONDAYS FROM 5:50 PM TO 7 PM ✦

✦ THURSDAYS FROM 5 PM TO 6 PM ✦

(87 Islander Rd, Pialba ~ Phoenix Court)

