

INTEGRATED MARTIAL ARTS FOUNDATION CLASS

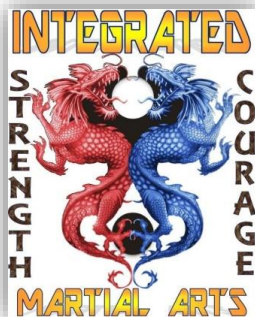


**CLASSES ARE NOW AT THE
WELLBEING CENTRE**

(87 Islander Rd, Pialba ~ Phoenix Court)



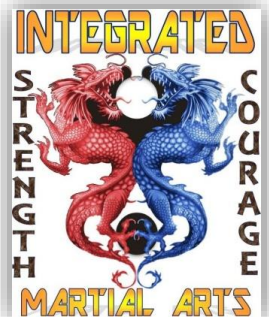
👁️ **ALL AGES WELCOME** 👁️ **SAFE AND FRIENDLY ENVIRONMENT** 👁️



3RD DEGREE BLACK BELT INSTRUCTOR: MICHAEL GREEN

✦ **MONDAY'S FROM 4:30 PM TO 5:45 PM** ✦

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



✦ **GREAT FOR DEVELOPING INNER CONFIDENCE** ✦

✦ **ENCOURAGES HARMONY OF MIND, BODY AND EMOTIONS** ✦

✦ **FOCUSES ON SELF-DEVELOPMENT AND INSPIRATION** ✦



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