

INTEGRATED MARTIAL ARTS CENTRE MMA & GRAPPLING CLASSES

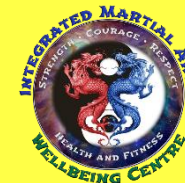
Experienced Instructor & MMA Fighter: Josh Seedsman



FRIDAY'S FROM 4 PM - 5:30 PM

87 Islander Rd, Pialba (Phoenix Court)

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



☯ **LEARN EFFECTIVE MMA GRAPPLING & BJJ TECHNIQUES** ☯

☯ **PROFESSIONAL ENVIRONMENT** ☯ **DEDICATED INSTRUCTOR** ☯

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