

# INTEGRATED MARTIAL ARTS CENTRE

## MMA GRAPPLING & BJJ TECHNIQUE

Experienced Instructor: Brendan Severino



**TUESDAY'S & FRIDAY'S FROM 6 PM ~ 8 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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