

INTEGRATED MARTIAL ARTS WELLBEING CENTRE CLASS TIME-TABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM - 5 PM	6 AM - 10 AM <i>* Venue Available for Hire *</i>	6:15 AM - 7:15 AM Meditation & Yoga	6 AM - 10 AM <i>* Venue Available for Hire *</i>	6 AM - 10 AM <i>* Venue Available for Hire *</i>	6:15 AM - 7:15 AM Strength/Conditioning	7 AM - 8 AM ★Team ParkRun★ <i>(meet near Urangan Pier)</i>	6 AM - 9 PM <i>* Venue Available for Hire *</i>
	Youth Programs & PT Sessions etc.	Youth Programs & PT Sessions etc.	Youth Programs & PT Sessions etc.	Youth Programs & PT Sessions etc.	Youth Programs & PT Sessions etc.	8:30 AM - 9:40 AM Fitness Class + Full Gym-Access	PAYMENT INFO <i>Option 1</i> Casual: \$8 adults \$6 child <i>Option 2</i> 10-Visit-Card: \$70 adults \$50 child <i>Option 3</i> Weekly Bank Deposit: \$25 (all classes & gym) Bendigo "Community Branch" - Hervey Bay: Integrated Wellbeing Centre BSB: 633000 ACC: 158109710
	5 - 6 PM	4:30 - 5:45 PM Integrated Martial Arts Foundation Class	4 - 5:30 PM Boxing	4:30 - 5:30 PM "Confidence to Survive" <i>(Self-defence & Awareness)</i>	4 - 5 PM <i>* Venue Available for Hire *</i>	4 - 5:30 PM MMA & Submission Grappling	
6 - 7 PM	5:50 - 7 PM Cardio & Fitness	5:30 - 7 PM Muay Thai	5:40 - 6:40 PM Integrated Yoga	5 - 6 PM Cardio & Fitness	5:30 - 7 PM Muay Thai	12 noon - 10 PM <i>* Venue Available for Hire *</i>	
7 - 8:30 PM	7 - 8:30 PM <i>* Venue Available for Hire *</i> <i>(call 0402 992 074)</i>	7 - 8:30 PM <i>* Venue Available for Hire *</i>	6:45 - 8:30 PM Integrated Martial Arts MMA Class	6 - 8:30 PM <i>* Venue Available for Hire *</i>	7:30 - 8:30 PM <i>* Venue Available for Hire *</i>		
Michael's Classes	Narelle's Classes	Simon's Class	Dale's Class	Josh's Class	Shared Sessions	Integral Health and Harmony sessions are also available with Maridol. Call 0404 797 222 to make your appointment. <i>*Massages available for \$45</i>	

CONTACT DETAILS

❖ Michael Green: 0402 992 074 or *Email: integratedacademy@gmail.com* ❖

❖ Narelle Leahey: 0408 730 165 or *Email: aussierel@gmail.com* ❖

❖ Dale MacKenzie: 0424 238 447 or *Email: all4they@hotmail.com* ❖

❖ Simon Lemanu: 0459 165 427 ❖ Josh Seedsman: 0411 619 939 ❖

TRAINING CENTRE ADDRESS: 87 Islander Rd, Pialba (Phoenix Court)

* Please park on street if class is before 5:00 pm. Drop off is fine to drive into training Centre