

INTEGRATED MARTIAL ARTS WELLBEING CENTRE CLASS TIME-TABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 - 7 AM		6 AM - 7:15 AM Meditation & Yoga	6 AM - 7:15 AM Kick Fit	6 AM - 10 AM PT's (by appointment)	6 AM - 7 AM Strength/Conditioning	8:30 AM - 10 AM Fitness Class + Full Gym-Access	6 AM - 10 PM * Venue Available for Hire * (call 0402 992 074)	
7 AM - 5 PM	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.	10 AM - 12 noon Open Mat & Sparring + 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: \$28 (all classes & gym) Bendigo "Community Branch" - Hervey Bay: Integrated Wellbeing Centre BSB: 633000 ACC: 158109710	
		4 - 5 PM Junior Muay Thai (ages 5 - 11yrs)						4:30 - 5:30 PM "Confidence to Survive" (Self-defence & Awareness)
5 - 6 PM	4:30 - 5:45 PM Integrated Martial Arts Foundation Class	5 - 6 PM Junior Muay Thai (ages 12 - 15yrs)		4:30 - 6 PM * Venue Available for Hire * (call 0402 992 074)	5 - 6 PM Senior Muay Thai	12 noon - 10 PM * Venue Available for Hire * (call 0402 992 074)		
6 - 7 PM	5:45 - 6:45 PM Boxing / Cardio	6 - 8 PM MMA Grappling & BJJ Techniques	5:45 - 6:45 PM Boxing / Cardio	6 - 8 PM Muay Thai KickBoxing	6 - 8 PM MMA Grappling & Advanced Training			
7 - 8 PM	6:45 - 8 PM Muay Thai KickBoxing		6:45 - 8:30 PM Integrated Martial Arts MMA Class					
Michael's Classes		Amit & Narelle's Classes	Narelle & Amit's Classes	Brendan's Classes	Dale's Class		Shared Classes	Integral Health and Harmony private session with Maridol Call 0404 797 222 to make your appointment. Learn how to alleviate stress & anxiety *Massage also available for \$45



CONTACT DETAILS

- ✦ Michael Green: 040 299 2074 or *Email: integratedacademy@gmail.com* ✦
- ✦ Amit Singh: 0488 136 128 or *Email: veinot.singh@hotmail.com* ✦
- ✦ Maridol Torres: 0404 797 222 or *Email: maridol.torres@yahoo.com.au* ✦



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

* Please park on street before 5:30 pm as parks are full. Drop off is fine to drive into training Centre