


## INTEGRATED MARTIAL ARTS WELLBEING CENTRE CLASS TIME-TABLE

|                                                            | Monday                                              | Tuesday                                                                            | Wednesday                                           | Thursday                                            | Friday                                     | Saturday                                                                                                                                               | Sunday                                                                                                                                                                                                                                                                                                                                                                |
|------------------------------------------------------------|-----------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------|--------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 6 AM - 5 PM                                                | 6 AM - 10 AM<br><i>* Venue Available for Hire *</i> | 6:15 AM - 7:15 AM<br>Meditation & Yoga                                             | 6 AM - 10 AM<br><i>* Venue Available for Hire *</i> | 6 AM - 10 AM<br><i>* Venue Available for Hire *</i> | 6:15 AM - 7:15 AM<br>Strength/Conditioning | 7 AM - 8 AM<br>★Team ParkRun★<br><i>(meet near Urangan Pier)</i>                                                                                       | 6 AM - 9 PM<br><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.          | Youth Programs & PT Sessions etc.                                                                                                                      | <b>PAYMENT INFO</b><br><b>Option 1</b><br><b>Casual:</b><br>\$8 adults \$6 child<br><b>Option 2</b><br><b>10-Visit-Card:</b><br>\$70 adults \$50 child<br><b>Option 3</b><br><b>Weekly Bank Deposit:</b><br>\$25 (all classes & gym)<br>Bendigo "Community Branch" - Hervey Bay:<br><b>Integrated Wellbeing Centre</b><br><b>BSB: 633000</b><br><b>ACC: 158109710</b> |
|                                                            |                                                     |                                                                                    |                                                     |                                                     |                                            |                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                       |
| 4:30 - 5:45 PM<br>Integrated Martial Arts Foundation Class | 5 - 6:30 PM<br>Muay Thai                            | 4:30 - 5:30 PM<br>"Confidence to Survive"<br><i>(Self-defence &amp; Awareness)</i> | 5 - 6 PM<br>Cardio & Fitness                        | 5 - 6:30 PM<br>Muay Thai                            | 9:45 AM - 11 AM<br>Refresh & Relax ☺       |                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                       |
| 5 - 6 PM                                                   | 5:50 - 7 PM<br>Cardio & Fitness                     | 6:30 - 8:30 PM<br><i>* Venue Available for Hire *</i>                              | 5:40 - 6:40 PM<br>Integrated Yoga                   | 6 - 8:30 PM<br><i>* Venue Available for Hire *</i>  | 6:30 - 8 PM<br>MMA & Submission Grappling  | 12 noon - 10 PM<br><i>* Venue Available for Hire *</i>                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                       |
| 6 - 7 PM                                                   |                                                     |                                                                                    | 6:45 - 8:30 PM<br>Integrated Martial Arts MMA Class |                                                     |                                            |                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                       |
| 7 - 8:30 PM                                                | 7 - 8:30 PM<br>MMA & Submission Grappling           |                                                                                    |                                                     |                                                     |                                            |                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                       |
| Michael's Classes                                          | Narelle's Classes                                   | Available for Hire                                                                 | Dale's Class                                        | Josh's Classes                                      | Shared Sessions                            | Integral Health and Harmony sessions are also available with Maridol. Call 0404797222 to make your appointment.<br><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* ✦

✦ Josh Seedsman: 0411 619 939 or *Email: joshseedsmanbodymodifications@gmail.com* ✦



**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