


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>	PAYMENT INFO Option 1 Casual: \$8 adults \$6 child Option 2 10-Visit-Card: \$70 adults \$50 child Option 3 Weekly Bank Deposit: \$25 (all classes & gym) Bendigo "Community Branch" - Hervey Bay: Integrated Wellbeing Centre BSB: 633000 ACC: 158109710
	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 - 9:30 AM Fitness Class + Full Gym-Access (8:20 AM - 9:40 AM)	
	4 - 5 PM <i>* Venue Available for Hire *</i>	4 - 5 PM <i>* Venue Available for Hire *</i>	4:30 - 5:30 PM "Confidence to Survive" <i>(Self-defence & Awareness)</i>	4 - 5 PM <i>* Venue Available for Hire *</i>	4 - 5 PM <i>* Venue Available for Hire *</i>	9:40 AM - 11 AM Refresh & Relax ☺	
5 - 6 PM	4:30 - 5:45 PM Integrated Martial Arts Foundation Class	5 - 6:30 PM Muay Thai	5:40 - 6:40 PM Integrated Yoga	5 - 6 PM Cardio & Fitness	5 - 6:30 PM Muay Thai	12 noon - 10 PM <i>* Venue Available for Hire *</i>	
6 - 7 PM	5:50 - 7 PM Cardio & Fitness		6:45 - 8:30 PM Integrated Martial Arts MMA Class		6:30 - 8 PM MMA & Submission Grappling		
7 - 8:30 PM	7 - 8:30 PM MMA & Submission Grappling	6:30 - 8:30 PM <i>* Venue Available for Hire *</i>		6 - 8:30 PM <i>* Venue Available for Hire *</i>			
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. <i>*Massages available for \$45</i>	




CONTACT DETAILS

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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