

INTEGRATED MARTIAL ARTS/DEVELOPMENT ACADEMY

CLASS TIMETABLE

CLASS BEGINS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM						Integrated Academy Advanced Development Body/Mind/Spirit class Venue: Pt. Vernon Park Instructor: Michael Green
4:00 PM						
6:00 PM	Integrated Academy Initial Martial Arts Foundation class Venue: Hervey Bay PCYC Instructor: Michael Green					
6:00 PM	Integrated Academy General MMA class Venue: Dan's Boxing Gym Instructor: Greg & Chep	Integrated Academy Martial Arts Dojo class Venue: Dundowran Hall Instructor: Michael Green	Integrated Academy MMA Foundation class Venue: Dan's Boxing Gym Instructor: Michael Green	Integrated Academy Martial Arts Dojo class Venue: Dundowran Hall Instructor: Michael Green		
7:00 PM	Submission Grappling (with Gi) Venue: Dan's Boxing Gym Instructor: Chep Krummel		Integrated Academy MMA Advanced class Venue: Dan's Boxing Gym Instructors: Mick, Chep & Greg			

INSTRUCTOR CONTACTS



⊗ Michael Green: 040 299 2074 or 4128 7891 or Email: integratedacademy@myacn.net.au ⊗

⊗ Chep Krummel: 041 871 1248 or Email: chepkrummel@live.com ⊗

⊗ Greg Atzori: 043 793 5901 or Email: oldgreg82@live.com.au ⊗

* For extra MMA classes, contact **Tony Green**: 041 979 8094 or Email: newbodyoptics@bigpond.com

INTEGRATED ACADEMY WEBSITE: WWW.INTEGRATEDACADEMY.COM

* The website also links to the Integrated Academy's YouTube & FaceBook page

