

FIT & FEARLESS KRAV MAGA

FALL CLASS SCHEDULE

4109 TODD LN #1600, AUSTIN
 (1 MIN FROM E. BEN WHITE & BURLERSON)
 more information: www.fitandfearless.com

EFFECTIVE Sept 18, 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

6:00 AM

9:00 AM

KRAVFIT
(General Fitness Class)

HEAVY BAG

KRAVFIT
(General Fitness Class)

HEAVY BAG

KRAVFIT
(General Fitness Class)

STRENGTH & STABILITY

HEAVY BAG

EVENING

5:30 PM

6:30 PM

Room 1

Room 2

7:30 PM

KRAV MAGA
Beginner & Intermediate

GROUND WORK

STRENGTH & STABILITY

KRAV MAGA
Beginner & Intermediate

CARDIO
(Circuits)

HEAVY BAG

HEAVY BAG

Intro to FAFO

CARDIO
(Agility)

KRAVFIT
(General Fitness Class)

Upper Level FAFO

HEAVY BAG

STRENGTH & STABILITY

MOBILITY

IMPORTANT INFO

Class sizes are limited. SIGN -UP FOR CLASSES IS REQUIRED AHEAD OF CLASS TIME!

Manage your class reservations online! Visit fitandfearless.com and click "New Client? Create an Account Here!"

Late Cancel Fee \$5 (within 3 hours of class start time)
 No-Show Fee \$10

Questions? Trouble Booking?
 Email us: hello@fitandfearless.com

LEARN ABOUT EACH CLASS:

KRAV MAGA

What makes us Fit & Fearless! Real life self-defense training for every body type and all fitness levels. Learn upper and lower body strikes, defenses against unarmed attacks and armed attacks, and how to recognize and apply these techniques if you need to defend yourself.

HEAVY BAG

Let it all out on the bag in our most popular fitness class! Practice your punches and kicks on a full-sized Heavy Bag and learn to flow them together strategically. Boost your stamina, improve your technique, and increase your physical and mental power.

WARRIOR WOMAN KRAV MAGA

FIRST WEDNESDAY OF EACH MONTH IS FREE & OPEN TO THE PUBLIC - Self-defense training for the ABCD (All But Cis Dudes) community. Excellent beginner class. Learn real-life self-defense in a safe & supportive environment.
 Ages 15+ due to potential subject matter that may come up in class. (Ages 13-14 welcome, but must be accompanied by a responsible ABCD adult.)

SPECIALIZED FIGHT CLASSES

GROUNDWORK - Come out on top if the fight goes to the ground.
FAFO - Advanced kickboxing class. Requires Level 2+ Krav Maga or permission of instructor.
MITTWORK / KICKBOXING - Learn to strike & defend with a partner, focusing on movement, distance, and strategic combatives. 5+ Krav Maga classes or previous kickboxing experience required.

FITNESS CLASSES

STRENGTH & STABILITY - Strength training for large & small muscle groups. Excellent complement to fight training to help strengthen your joints and increase muscular capacity.
KRAVFIT - Our general all-around fitness class! Cardio, strength, and/or Heavy Bag training combined together for a full body workout!
CARDIO - Get your heart rate up and increase cardiovascular fitness through different class formats.
ROPES & BELLS - Battle ropes for cardio and kettlebells for strength. Super sweaty workout! Kettlebell experience OR 5+ Strength & Stability classes required for form & safety.
MOBILITY - Recovery & stretching. **FREE** for members.