

CLASS SCHEDULE SUMMER

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WEEKEND **TUESDAY** MONDAY WEDNESDAY **THURSDAY** FRIDAY SUNDAY EFFECTIVE 06/30/2025 SATURDAY MORNING 9 AM 9 AM **RISE & RESIST RISE & RESIST** 6:00 AM Levels 1 & 2 BARBELL* **KRAV MAGA** 9:00 AM **HEAVY BAG HEAVY BAG** STRENGTH **RECOVERY** & Solidarity Self-Led EVENING **STRENGTH** 10 AM 10 AM THE SIX **AGILITY** ZUMBA! 5:30 PM & Solidarity **Progressive Strength** Hard-Hitting STRENGTH **HEAVY BĂG** & Solidarity **STRENGTH HEAVY BAG OPEN GYM HEAVY BAG OPEN GYM** 6:00 PM **KRAV MAGA** & Solidarity Room 1 Room 1 Open Mat Technique Practice Level 3 WARRIOR WOMAN Level 1 Level 2 & 3 **BARBELL** * 6:30 PM KRAV MAGA KRAV MAGA **KRAV MAGA** KRAV MAGA 7:00 PM **FAFO HEAVY BAG OPEN GYM** OPEN GYM

7:30 PM

ROPES & BELLS

BARBELL *

Room 1

MITTWORK*

CLASS RESERVATION POLICIES -

We offer small classes so that members receive personalized feedback & form a tight-knit community. To make this possible, we maintain the following policies:

- If you can't make it to class, please cancel at least 3 hours before class to avoid a \$5 Late Cancel Fee.
 - There is a \$10 No-Show Fee, except for emergencies.





HERO MEMBERSHIP includes:



* **Classes noted** pre-requisites or permission of

Room 1

ALL-ACCESS MEMBERSHIP includes HERO classes as well as:

with a star require instructors.

Manage your classes on the web or by using our app: **ONLINE:** Visit fitandfearless.com and click either "New Client" or "Existing Clients" at the top of the page.

APP: Download *WellnessLiving Achieve* from the App Store. Trouble booking? Email us at hello@fitandfearless.com