



CLASS SCHEDULE

SUMMER

www.FITANDFEARLESS.com

EFFECTIVE 06/30/2025

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY WEEKEND SATURDAY SUNDAY

MORNING
6:00 AM

9:00 AM

EVENING
5:30 PM

6:00 PM

6:30 PM

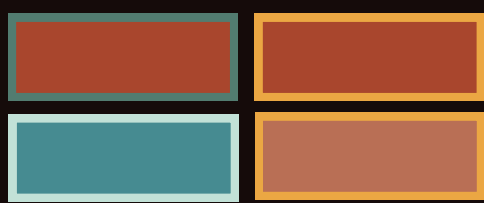
7:00 PM

7:30 PM

BOOK A CLASS:

HERO MEMBERSHIP includes:

ALL-ACCESS MEMBERSHIP includes HERO classes as well as:



* Classes noted with a star require pre-requisites or permission of instructors.

9 AM
Levels 1 & 2
KRAV MAGA

STRENGTH
& Solidarity

10 AM
Hard-Hitting
HEAVY BAG

KRAV MAGA
Open Mat
Technique Practice

9 AM
BARBELL *

RECOVERY
Self-Led

10 AM
STRENGTH
& Solidarity

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.

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