

**FIT & FEARLESS KRAV MAGA**

# FALL CLASS SCHEDULE

4109 TODD LN #1600, AUSTIN  
(1 MINUTE FROM E. BEN WHITE & BURLESON)

More Information: [www.fitandfearless.com](http://www.fitandfearless.com)

CLASS SIZES ARE LIMITED.  
PRE-REGISTRATION IS  
**REQUIRED**  
FOR ALL CLASSES!

TO CREATE AN ACCOUNT AND  
BOOK CLASSES, VISIT:  
[www.wellnessliving.com/  
login/fitandfearless](http://www.wellnessliving.com/login/fitandfearless)

## SUNDAY

### EVENING

5:30 - 6:15 PM  
HEAVY BAG

5:00 - 6:15 PM  
SMALL GROUP  
BARBELL\*  
NEW sign up process.  
see WL for details.

6:30 PM

STRENGTH &  
STABILITY

## SATURDAY

### MORNING

8:30 AM

HEAVY BAG

STRENGTH &  
STABILITY

9:30 AM

F.A.F.O. TRAINING\*

KRAV MAGA  
(Beginner &  
Intermediate)

10:30 AM

MOBILITY  
(Relaxing)

*Free for Members*

### IMPORTANT INFO:

Most classes are 45 minutes long, except for Krav Maga, Warrior Women, Barbell, & Mobility.

\* Classes with a star are not available for First Class Free and may have entry requirements.

QUESTIONS? TROUBLE BOOKING? EMAIL US: [hello@fitandfearless.com](mailto:hello@fitandfearless.com)

FRIENDLY  
PLACE.  
SERIOUS  
BUSINESS.

### MORE FIGHTING CLASSES:

**KICKBOXING** - Techniques-based class focused on effective footwork & striking.

**MOBILITY** - Increase your range of motion for stronger and more accurate strikes & defenses. Full-body recovery, stretching, and flow.

**WARRIOR WOMAN FIGHT FUNDAMENTALS** - Learn to strike & defend with a partner. Practice, then apply.  
**F.A.F.O. Training** - By invitation only.



## THURSDAY

## FRIDAY

## WEDNESDAY

## TUESDAY

## MONDAY

### EFFECTIVE August 22, 2022

### MORNING

6:00 AM

COMBATIVES  
CONDITIONING

7:30 AM

HEAVY BAG

COMBATIVES  
CONDITIONING

9:00 AM

HEAVY BAG

### EVENING

5:30 PM

CARDIO  
(HIIT)

HEAVY BAG

CARDIO  
(Circuits)

HEAVY BAG

6:30 PM

HEAVY BAG

KICKBOXING

HEAVY BAG

STRENGTH &  
STABILITY

HEAVY BAG

7:30 PM

WARRIOR WOMAN  
FIGHT  
FUNDAMENTALS

KRAV MAGA  
(Intermediate)\*

KRAV MAGA  
(Beginner &  
Intermediate)

KRAV MAGA  
(Beginner &  
Intermediate)

CARDIO  
(Agility & Speed)

MOBILITY  
(Invigorating)  
*Free for Members*

ROPES &  
BELLS

KETTLEBELL  
STRENGTH

COMBATIVES  
CONDITIONING

KRAV MAGA  
(Beginner &  
Intermediate)

STRENGTH &  
STABILITY

WARRIOR WOMAN  
KRAV MAGA

KRAV MAGA  
(Intermediate)\*  
& Advanced)

LEARN  
ABOUT  
EACH  
CLASS:

### KRAV MAGA

What makes us Fit & Fearless! Self-defense training for every body type and all fitness levels.

### HEAVY BAG

Punching & kicking to a full-size muay thai bag. Develop power and stamina with combos and cardio.

### COMBATIVES CONDITIONING

Like Heavy Bag, just with more creative cardiovascular conditioning moves!

### STRENGTH & STABILITY

Strength training that goes beyond reps. Work small & large muscles plus joints.

### ADDITIONAL FITNESS CLASSES:

**KETTLEBELL STRENGTH** - Resistance training w/ kettlebells for full-body work & LOTS of core.

**CARDIO** - Get your heart rate up with this circuit class. Lots of movement, lots of variety.

**ROPES & BELLS** - Battle ropes for cardio and kettlebells for strength. Super sweaty workout!

**BARBELL** - Movement evaluation req. Sign up 1 month in advance. Must commit to full month.