

FIT & FEARLESS SUMMER CLASS SCHEDULE

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

EFFECTIVE JUNE 3, 2024

MORNING

6:00 AM
9:00 AM

EVENING

5:30 PM
6:30 PM
Room 1
Room 2
7:30 PM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING 6:00 AM			KRAVFIT (Heavy Bag, Cardio, Strength)		KRAVFIT (Heavy Bag, Cardio, Strength)
MORNING 9:00 AM		HEAVY BAG			HEAVY BAG
EVENING 5:30 PM	MEMBERS ONLY OPEN GYM	STRENGTH & STABILITY	CIRCUITS	HEAVY BAG	CARDIO (Agility)
EVENING 6:30 PM Room 1	HEAVY BAG	HEAVY BAG Punch & Power	HEAVY BAG	STRENGTH & STABILITY	
EVENING 6:30 PM Room 2	ROPES & BELLS	KRAV MAGA All Levels	WOMEN'S SELF-DEFENSE	KRAV MAGA Levels 1 & 2	
EVENING 7:30 PM	MITTWORK	MEMBERS ONLY Room 1 Room 2 OPEN GYM ZUMBA!	MOBILITY	FAFO	Pre-Requisites REQUIRED

SATURDAY

MORNING

9 AM

Room 1
STRENGTH & STABILITY

Room 2
KRAV MAGA

Levels 1 & 2

10 AM

Room 1
HEAVY BAG

Room 2
KRAV MAGA

Levels 2 & 3

11 AM

MOBILITY

SUNDAY

EVENING

6:30 PM

STRENGTH & STABILITY

Manage your class reservations online!
Visit fitandfearless.com
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.

WOMAN'S SELF-DEFENSE SERIES

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+
(Ages 13-14 welcome, but must be accompanied by an ABCD adult.)

SPECIALIZED FIGHT CLASSES

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.
FAFO - Advanced kickboxing class. Requires Level 2+ Krav Maga or permission of instructor.

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.

FITNESS CLASSES

STRENGTH & STABILITY - Excellent compliment to fight training to help strengthen your joints and increase muscular capacity.
KRAVFIT - 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!
ZUMBA - Dance it out and have some fun!
MOBILITY - Recovery & stretching.

OPEN GYM Available for contract members ONLY.

Choose from a Heavy Bag, Partner Work, or General Fitness area, and complete your own workout for 45 minutes. Member is responsible for set up and clean up.