

FIT & FEARLESS KRAV MAGA SPRING CLASS SCHEDULE

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

EFFECTIVE Mar 20, 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING					
6:00 AM	COMBATIVES CONDITIONING				
9:00 AM		HEAVY BAG			HEAVY BAG

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EVENING					
5:30 PM	KRAV MAGA Beginner & Intermediate	STRENGTH & STABILITY	CARDIO (Circuits)	HEAVY BAG	CARDIO (Agility & Speed)
6:30 PM	HEAVY BAG	HEAVY BAG	KETTLEBELL STRENGTH	STRENGTH & STABILITY	COMBATIVES CONDITIONING
Room 1					
Room 2	GROUNDWORK	KRAV MAGA Beginner & Intermediate	6:30 - 7:45 pm WARRIOR WOMAN KRAV MAGA <i>1st class each month is FREE</i>	KRAV MAGA Beginner & Intermediate	
7:30 PM	ROPES & * BELLS	COMBATIVES CONDITIONING	HEAVY BAG	CARDIO (Endurance)	
Room 1					
Room 2	INT & ADV * KRAV MAGA			FAFO & * FOOTWORK	

SATURDAY
MORNING
8:30 AM
FAFO *
9:30 AM
KRAV MAGA Beginner & Intermediate
CARDIO (HIIT)
10:30 AM
WARRIOR WOMAN KICKBOXING *
HEAVY BAG
11:30 AM
MOBILITY 30 min

SUNDAY EVENING

6:30 PM

STRENGTH & STABILITY

IMPORTANT INFO

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

To create an account & book classes, visit fitandfearless.com and click **New Client? Create an Account Here!**

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

Fitness classes are 45 minutes long. Fighting classes are 60 minutes long.

* Classes denoted with a star are not available for First Class Free or other trial offers due to pre-requisites.

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 one of our most popular classes. 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.
WARRIOR WOMAN 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 all levels. Complements fight training to minimize risk of injury.
KETTLEBELL STRENGTH focuses specifically on kettlebell exercises for increased core strengthening and technique.
COMBATIVES CONDITIONING - Combines Heavy Bag, Cardio, & Strength - 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.