



CLASS SCHEDULE WINTER & SPRING

4109 TODD LN #1600
(1 MIN FROM E. BEN WHITE & BURLISON)
www.FITANDFEARLESS.com

**YOU FIT AT
FIT & FEARLESS.**

EFFECTIVE 01/06/2025

MORNING

6:00 AM

RISE & RESIST

RISE & RESIST

9 AM
Levels 1 & 2
KRAV MAGA

9:00 AM

Hard-Hitting
HEAVY BAG

Hard-Hitting
HEAVY BAG

STRENGTH
& Solidarity (Full Body)

EVENING

5:30 PM

THE SIX
Fight-Focused
OPEN GYM

STRENGTH
& Solidarity (Upper Body)
ZUMBA!

THE SIX
Strength-Focused
OPEN GYM

Hard-Hitting
HEAVY BAG
OPEN GYM

Hella Inclusive
INTERVAL TRAINING

10 AM
Hard-Hitting
HEAVY BAG

6:30 PM

Hard-Hitting
HEAVY BAG
Level 1 & 2
KRAV MAGA

All Levels
KRAV MAGA

Hard-Hitting
HEAVY BAG
WARRIOR WOMAN
SELF-DEFENSE

MITTWORK*
STRENGTH
& Solidarity (Lower Body)

Breaking
BARBELL*
OPEN GYM

SUNDAY
6:30 PM
STRENGTH
& Solidarity (Full Body)

7:30 PM

FAFO*
Breaking
BARBELL*

Hard-Hitting
HEAVY BAG
Breaking
BARBELL*

Battle-Ready
ROPES & BELLS

REST & RECOVER

* Not available for Trial Offers due to prerequisites.

All information is subject to change. Please visit our website for the most current info.

STRONGER TOGETHER COMMUNITY SERIES

Monthly donation-based community classes to raise funds for local non-profit organizations. Open to members & non-members.

Pre-Registration Required! Sign up online.

1ST WEDNESDAY OF EACH MONTH | 6:30 PM

WARRIOR WOMAN SELF-DEFENSE

1ST SATURDAY OF EACH MONTH | 10 AM

Community CARDIO

1ST SUNDAY OF EACH MONTH | 5:00 PM

QUEER SELF-DEFENSE

WARRIOR WOMAN SELF-DEFENSE SERIES

13 classes. 1 class each week. 3 months. 1 tougher woman.

Open to all experience levels and ABCD (all but cis dudes).

Discounted memberships and sliding scale options available for this series!

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.
- If you do not cancel class and do not attend, there is a \$10 No-Show Fee (except in case of emergency).

Manage your classes on the web or by using our app: APP: Download *WellnessLiving Achieve* from any App Store. ONLINE: Visit fitandfearless.com and click either "New Client" or "Existing Clients" at the top of the page. Trouble booking? Email us at hella@fitandfearless.com

BOOK CLASS:



TRIAL PASS:



2 Weeks \$20

ABOUT CLASSES:



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- GENERAL FITNESS
- FIGHT CLASS
- STRENGTH CLASS