

TEAM FEIDT CLASS SCHEDULE

MONDAYS **A-Day**

4:15p-DRAGONS
4:45p-YEL - GR JRS (BBC + 15m.)
5:15p-KickFIT30 + ZOOM
5:30p-WHITE BELTS (JRS & ADS)
5:45p-KRAV MAGA
6:15p-BR - BLK JRS (BB +15m)
7:15p-YEL - BLK ADS

THURSDAYS **B-Day**

9:00a-KRAV MAGA/ BLK BELT ADS
4:00p-OPEN FLOOR (H. RED & ABOVE)
4:30p-BR - BLK JRS (BB +15m) + ZOOM
5:00p-KickFIT30 (ZOOM ONLY)
5:30p-DRAGONS + ZOOM
5:45p-WHITE BELT JRS
6:15p-PAD CLASS
6:30p-YEL-GR JRS (BBC + 15m.) + ZOOM
7:00p-WHITE BELT ADS
7:30p-YELLOW - BLK ADS + ZOOM
7:30p-KRAV MAGA COMBAT
(Orange Belt and above)

TUESDAYS **A-Day**

4:00p-OPEN FLOOR (H. RED & ABOVE)
4:30p-BR-BLK JRS (BB +15m) + ZOOM
5:30p-DRAGONS + ZOOM
5:45p-WHITE BELT JRS
6:15p-KRAV MAGA STRIKING
6:30p-YEL - GR JRS (BBC + 15m.) + ZOOM
7:00p-WHITE BELT ADS
7:30p-YEL - BLK ADS + ZOOM

FRIDAYS **C-Day**

8:15a-FIGHT TRAINING (Invitation Only)
4:00p-YEL-GREEN MATERIAL CLASS
4:30p-DRAGONS
4:45p-BBC MEMBER CLASS
5:30p-BR - BLK JRS MATERIAL CLASS
5:30p-WHITE BELTS (JRS & ADS)
6:15p-BR-BLK ADS MATERIAL CLASS
6:15p-HYPER CLASS

WEDNESDAYS **B-Day**

4:15p-DRAGONS
4:45p-YEL - GR JRS (BBC + 15m.)
5:15p-KickFIT30 + ZOOM
5:30p-WHITE BELTS (JRS & ADS)
6:15p-BR - BLK JRS (BB +15m)
7:15p-YEL - BLK ADS
7:15p-KRAV MAGA

SATURDAYS **C-Day**

8:30a-FIGHT TRAINING (Invitation Only)
10:00a-YEL-GREEN MATERIAL CLASS
10:30a-DRAGONS
10:45a-WHITE BELTS JRS
11:15a-WHITE BELTS ADS
11:15a-BR - BLK MATERIAL CLASS
11:45a-DEMO TEAM CLASS
11:45a-KALI STICK FIGHTING
12:15p-KRAV MAGA

Visit TeamFeidt.com Member Pages
for material videos and more.

Basic Members: 2 classes a week. **BBC Members:** Up to 3 classes a week + 15 min. per class & BBC Member Classes. **Black Belts:** Up to 4 classes a week. **Add-on Classes:** Hyper Class, KickFIT, Krav Maga, Pad Training, Kali Stick Fighting, Private Lessons (discounts for students and family members)

A-Day=Forms & Kicking **B-Day**=Reaction Training & Self-Defense **C-Day**=Material & Specialty Material

As of 2/11/23