

TEAM FEIDT CLASS SCHEDULE

Little Dragons (3-7) & White Belts (7-12, Teens & Adults)

MONDAYS

4:15p-DRAGONS (3-7 yr. old)
5:30p-WHITE BELTS (JRS & ADS)

TUESDAYS

5:30p-DRAGONS (3-7 yr. old) + ZOOM
5:45p-WHITE BELT Juniors
7:00p-WHITE BELT Adults

WEDNESDAYS

4:15p-DRAGONS (3-7 yr. old)
5:30p-WHITE BELTS (JRS & ADS)

THURSDAYS

5:30p-DRAGONS (3-7 yr. old) + ZOOM
5:45p-WHITE BELT Juniors
7:00p-WHITE BELT Adults

FRIDAYS

4:30p-DRAGONS (3-7 yr. old)
5:30p-WHITE BELTS (JRS & ADS)

SATURDAYS

10:30a-DRAGONS (3-7 yr. old)
10:45a-WHITE BELT Juniors
11:15a-WHITE BELT Adults

Go to: www.TeamFeidt.com and become a site member. This gives you access to training videos, Weekly Homework assignments and much more.

DOJO GUIDELINES

- Always demonstrate your respect with a formal **bow** as you enter and exit the dojo and mat.
- Please keep your **uniform (gi) neat**, clean and odor free.
- For your safety and the safety of others, **no jewelry** may be worn on the training areas.
- Basic Program students may take 2 classes a week. BBC students 3 classes, plus monthly seminars.
- Please **arrive 5-10 minutes** prior to class.
- Students should memorize our **Student Creed** and recite it loud and proud at the beginning of class.

Basic Members: 2 classes a week
BBC Members: Up to 3 classes a week + 15 min. per class & Weekly BBC Seminar on Fridays
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)



As of: Feb. 11, 2023 v9