

TEAM FEIDT CLASS SCHEDULE

MONDAYS **A-Day**

4:30p-LITTLE DRAGONS
5:00p-YELLOW - GREEN Jrs (BBC+15m)
5:15p-KickFIT30 + ZOOM
5:45p-WHITE BELTS (Jrs & Ads)
6:00p-KRAV MAGA
6:15p-BR - BLK Jrs (BB +15m)
7:15p-YELLOW - BLACK Ads

THURSDAYS **B-Day**

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

TUESDAYS **A-Day**

4:15p-OPEN FLOOR (H. RED & ABOVE)
4:45p-BR-BLK Jrs (BB +15m)
5:45p-LITTLE DRAGONS
6:00p-WHITE BELT Jrs
6:15p-KRAV MAGA
6:30p-YEL - GR Jrs (BBC + 15m.)
7:00p-KALI STICK FIGHTING
7:00p-WHITE BELT Ads
7:30p-YEL - BLK Ads

FRIDAYS **C-Day**

8:15a-FIGHT TRAINING (Invitation Only)
4:15p-YEL-GREEN MATERIAL CLASS
4:30p-LITTLE 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
7:00p-BB DEMO CLASS (Invitation Only)

WEDNESDAYS **B-Day**

4:30p-LITTLE DRAGONS
5:00p-YEL - GR Jrs (BBC + 15m.)
5:15p-KickFIT30 + ZOOM
5:45p-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-LITTLE DRAGONS
10:45a-WHITE BELTS Jrs
11:15a-WHITE BELTS Ads
11:15a-BR - BLK MATERIAL CLASS
11:30a-KRAV MAGA ADVANCED
11:45a-ELITE DEMO CLASS (Invitation Only)
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

Adjusted Class Times

As of 1/02/25