

TEAM FEIDT CLASS SCHEDULE

Starting: September 27, 2021

MONDAYS **A-Day**

9:00a-KRAV MAGA (**ZOOM ONLY**)
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

TUESDAYS **A-Day**

3:45p-EXTRA HELP
4:30p-BR-BLK JRS (**BB + 15m**) + ZOOM
5:30p-DRAGONS + ZOOM
5:30p-WHITE BELT JRS
6:00p-KRAV MAGA STRIKING
6:30p-YEL - GR JRS (**BBC + 15m.**) + ZOOM
7:00p-WHITE BELT ADS
7:30p-YEL - BLK ADS + ZOOM

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

SUNDAYS

9:00a-Yoga & Stretch (**ZOOM ONLY**)

THURSDAYS **B-Day**

9:00a-KRAV MAGA/BLK BELT ADS
3:45p-EXTRA HELP
4:30p-BR - BLK JRS (**BB + 15m**) + ZOOM
5:00p-KickFIT30 (**ZOOM ONLY**)
5:30p-DRAGONS + ZOOM
5:30p-WHITE BELT JRS
6:30p-YEL-GR JRS (**BBC + 15m.**) + ZOOM
6:15p-PAD CLASS
7:00p-WHITE BELT ADS
7:30p-YELLOW - BLK ADS + ZOOM
7:30p-KRAV MAGA COMBAT
(**Orange Belt and above**)

FRIDAYS **C-Day**

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

SATURDAYS **C-Day**

8:30a-FIGHT TRAINING (**Invitation Only**)
10:00a-DRAGONS
10:30a-MATERIAL CLASS (Yel.-Gr.)
11:00a-DEMO TEAM CLASS
11:00a-WHITE BELTS (JRS & ADS)
11:45a-MATERIAL CLASS (Br. & Up)
11:45a-KALI STICK FIGHTING
12:15p-KRAV MAGA + ZOOM

Basic Members: 2 classes a week **BBC Members:** 2-3 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