

# TEAM FEIDT CLASS SCHEDULE

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

### MONDAYS

4:30p-LITTLE DRAGONS (3-7 yr. old)  
5:45p-WHITE BELTS (JRS & ADS)

### TUESDAYS

5:45p-LITTLE DRAGONS (3-7 yr. old)  
6:00p-WHITE BELT Juniors  
7:00p-WHITE BELT Adults

### WEDNESDAYS

4:30p-LITTLE DRAGONS (3-7 yr. old)  
5:45p-WHITE BELTS (JRS & ADS)

### THURSDAYS

5:45p-LITTLE DRAGONS (3-7 yr. old)  
6:00p-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](http://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: January 2025 v11