

CLASS SCHEDULE WINTER& SPRING

4109 TODD LN #1600 (1 MIN FROM E. BEN WHITE & BURLESON) www.FITANDFEARLESS.com

YOU FIT AT **FIT & FEARLESS.**

FFFFCTIVF 01/06/2025 MORNING 6:00 AM 9:00 AM EVENING 5:30 PM

TUESDAY

Hard-Hitting

HEAVY BĂG

STRENGTH

& Solidarity (Upper Body)

ZUMBA!

WEDNESDAY

RISE & RESIST

THURSDAY

FRIDAY

RISE & RESIST

Hard-Hitting

HEAVY BĂG

Hella Inclusive

INTERVAL TRAINING

SATURDAY

9 AM

Levels 1 & 2 **KRAV MAGA**

STRENGTH & Solidarity (Full Body)

10 AM

Hard-Hitting HEAVY BĂG

6:30 PM

Hard-Hitting HEAVY BĂG Level 1 & 2

KRĀV MĀGA

THE SIX

Fight-Focused

OPEN GYM

MONDAY

All Levels **KRAV MAGA**

Hard-Hitting HEAVY BĂG

THE SIX

Strength-Focused

OPEN GYM

WARRIOR WOMAN

MITTWORK

Hard-Hitting

HEAVY BĂG

OPEN GYM

STRENGTH & Solidarity (Lower Body)

Breaking BARBELL OPEN GYM

SUNDAY

6:30 PM STRENGTH

& Solidarity (Full Body)

7:30 PM

Not available for Trial Offers due to prerequisites.

FAF0

Breaking BARBFIL

Hard-Hitting HFAVY BĂG

> Breaking BARBFIL

ROPES & BELLS

REST & RECOVER

All information is subject to change.
Please visit our website for the most current info

SELF-DEFENSE

CLASS RESERVATION POLICIES -

We offer small classes so that members receive personalized feedback & form a tight-knit community. To make this possible, we maintain the following policies:

- If you can't make it to class, please cancel at least 3 hours before class to avoid a \$5 Late Cancel Fee.
- If you do not cancel class and do not attend, there is a \$10 No-Show Fee (except in case of emergency)

Manage your classes on the web or by using our app:

APP: Download WellnessLiving Achieve from any App Store. Trouble booking? Email us at hello@fitandfearless.com

BOOK CLASS:



TRIAL PASS:

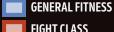


2 Weeks \$20

ABOUT CLASSES:



OR VISIT FITANDFEARLESS.com



FIGHT CLASS STRENGTH CLASS

ONLINE: Visit fitandfearless.com and click either "New Client" or "Existing Clients" at the top of the page.

STRONGER TOGETHER COMMUNITY SERIES

Monthly donation-based community classes to raise funds for local non-profit organizations. Open to members & non-members.

Pre-Registration Required! Sign up online.

1ST WEDNESDAY OF EACH MONTH | 6:30 PM

WARRIOR WOMAN SELF-DEFENSE

IST SATURDAY OF EACH MONTH I 10 AM CARDIO

1ST SUNDAY
OF EACH MONTH | 5:00 PM



WARRIOR WOMAN SELF-DEFENSE SERIES

13 classes. 1 class each week. 3 months. 1 tougher woman.

Open to all experience levels and ABCD (all but cis dudes).

Discounted memberships and sliding scale options available for this series!