

AE Schedule ANIMAL FITNESS

**SCHEDULE SUBJECT TO CHANGE
LAST UPDATED: MARCH 2ND, 2024**

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
TIME	FELINA'S STUDIO	CROC'S STUDIO	FELINA'S STUDIO	CROC'S STUDIO	FELINA'S STUDIO	CROC'S STUDIO	FELINA'S STUDIO	CROC'S STUDIO	FELINA'S STUDIO	CROC'S STUDIO	CROC'S STUDIO
10:30 AM											JUDO
11:30 AM											SAMBO
1:00 PM		SAMBO									
5:00PM				KID'S JUDO / SAMBO (10 YEARS & UP)				KID'S JUDO / SAMBO (10 YEARS & UP)			
5:15PM	BOOTCAMP CIRCUIT		BOOTCAMP SPIN		BOOTCAMP CIRCUIT		BOOTCAMP SPIN				
6:00PM	WOMEN'S SELF-DEFENSE <u>WOMEN'S ONLY</u>	JUDO	KICKBOXING		JUDO		KICKBOXING			COMPETITION GRAPPLING	
7:00 PM		SAMBO			SAMBO						

Class Descriptions

Fefina's Studio

WOMEN'S SELF-DEFENSE – THIS CLASS COVERS A WIDE RANGE OF MARTIAL ARTS MOVEMENTS FOR SELF-DEFENSE. TECHNIQUES INCLUDE STAND-UP FIGHTING (PUNCHES, KICKS, ELBOWS AND KNEES), DEFENSE MOVES FROM CHOKES, GRABS, MULTIPLE ATTACKERS AND GROUND DEFENSE. DESIGNED FOR ALL WOMEN STUDENTS.

KICKBOXING – THIS CLASS COVERS BEGINNER AND ADVANCED MOVES OF MUAY THAI FIGHTING INCLUDING PUNCHES, KICKS, KNEES & ELBOW. THIS IS A FAST PACE CONDITIONING CLASS WITH OCCASIONAL LIGHT SPARRING. DESIGNED FOR ALL STUDENTS.

BOOTCAMP CIRCUIT – THIS CLASS INCLUDES CARDIO, KICKBOXING, WEIGHT TRAINING AND HIGH INTENSITY INTERVAL TRAINING (HIIT) FOR A FULL-BODY WORKOUT. DESIGNED FOR ALL STUDENTS AND FITNESS LEVELS.

BOOTCAMP SPIN – A FUN CARDIO SPIN CLASS THAT FOCUSES ON ENDURANCE, STRENGTH AND INTERVAL TRAINING. DESIGNED FOR ALL STUDENTS.

Crocodile Grappling Studio

JUDO – THIS CLASS WILL INCLUDE JUDO'S TRADITIONAL TECHNIQUES WHICH INCLUDE DRILLS, THROWING, SWEEPS, GROUNDWORK AND RANDORI (LIVE SPARRING). THIS CLASS IS OPEN TO EVERYONE.

SAMBO – THIS CLASS INCLUDES ENDURANCE TRAINING, DRILLS, THE FULL MOTION OF TAKE-DOWNS TO SUBMISSION AND SAMBO WRESTLING TECHNIQUES. SUBMISSIONS INCLUDE LEG LOCKS, ARM LOCKS AND CHOKES. THIS CLASS IS OPEN TO EVERYONE.

COMPETITION GRAPPLING– A COMBINATION CLASS TAUGHT BY CROC'S GRAPPLING AND FRAMEWORK BJJ FOCUSED ON TRAINING FOR COMPETITIONS. DESIGNED FOR ALL STUDENTS.