

# VIRTUAL & IN DOJO CLASS SCHEDULE

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

Starting: February 1, 2021

## MONDAYS

4:00p-DRAGONS + ZOOM  
5:30p-WHITE BELTS + ZOOM

## TUESDAYS

5:30p-DRAGONS + ZOOM  
5:30p-WHITE BELT Juniors  
7:30p-WHITE BELT Adults

## WEDNESDAYS

4:00p-DRAGONS + ZOOM  
5:30p-WHITE BELTS + ZOOM

## THURSDAYS

5:30p-DRAGONS + ZOOM  
5:30p-WHITE BELT Juniors  
7:30p-WHITE BELT Adults

## FRIDAYS

5:30p-WHITE BELTS

## SATURDAYS

10:00a-DRAGONS + ZOOM  
11:00a-WHITE BELTS + ZOOM

**Virtual classes will be held on Zoom. Please go to our Team Feidt Members Page for instructions. ([www.TeamFeidt.com](http://www.TeamFeidt.com))**

## 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 with your patches properly sewn.
- 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. BBT students 3 classes, plus monthly seminars.
- Please **arrive 5 minutes** prior to class. During our COVID Protocol we will check you in and assign you a dedicated spot on the mat.

## GO TO:

[www.picktime.com/teamfeidt](http://www.picktime.com/teamfeidt) to schedule the in-dojo classes that are available.

**Basic Program Members:** 2 in dojo classes & 1 Zoom class a week

**BBC Members & Black Belts:** 3 in dojo Core M.A. classes & unlimited Zoom classes

