

Ignite ATA Class Schedule – December 2nd, 2019

Monday
SMALL FLOOR
4:00-4:45 Competition Team
4:45-5:15 Tiger Hyper
5:30-6:00 Tiger Advanced
6:00-6:45 Combat Fitness

Tuesday
4:30-5:15 Tiger Hyper
5:15-5:45 Tiger Beginner
5:45-6:15 Legacy
6:15-7:00 Combat Fitness

Wednesday
4:00-4:45 Competition Team
4:45-5:15 Tiger Leadership
5:30-6:00 Tiger Advanced
6:00-6:45 Combat Fitness

Thursday
4:30-5:15 Tiger Leadership
5:15-5:45 Tiger Beginner
5:45-6:15 Legacy
6:15-7:00 Combat Fitness

Friday
5:00-6:00 Competition Team

Tigers: 3-6 Years

K4K: 7-12 Years

Adults/Teen: 13 & Up

Beginner: White-Camo

Advanced: Green-Rec. Black

Monday
BIG FLOOR
4:15-4:45 Tiger Beginners
4:45-5:30 K4K Advanced
5:30-6:00 Hyper
6:00-6:45 K4K Beginner
6:45-7:30 Adult/Teen
7:30-8:00 Legacy

Tuesday
4:00-4:30 Tiger Advanced
4:30-5:15 K4K Beginner
5:15-5:45 Hyper
5:45-6:30 K4K Advanced
6:30-7:15 Jr Black Belt
7:15-8:00 13&Up Black Belts
8:00-8:30 Legacy

Wednesday
4:15-4:45 Tiger Beginners
4:45-5:30 K4K Advanced
5:30-6:00 Leadership
6:00-6:45 K4K Beginner
6:45-7:30 Adult/Teen
7:30-8:00 Sparring

Thursday
4:00-4:30 Tiger Advanced
4:30-5:15 K4K Beginner
5:15-5:45 Leadership
5:45-6:30 K4K Advanced
6:30-7:15 Jr Black Belt
7:15-8:00 13&Up Black Belts
8:00-8:30 Legacy

Friday
4:00-4:30 Tigers
4:30-5:15 K4K All Ranks
5:15-6:00 Adult/Teen
6:00-7:00 Spar Club

Saturday
9:30-10:00 Tigers
10:00-10:30 Hyper
10:30-11:15 K4K All Ranks
11:15-12:00 Family Class
12:00-2:00 Demo Tea

