

## Ignite Camarillo Class Schedule – January 2<sup>nd</sup>, 2020

**Tigers:** 3-6 Years  
**K4K:** 7-12 Years  
**Adults/Teen:** 13 & Up  
**Beginner:** White-Camo  
**Advanced:** Green-Rec. Black

**Life skill:** Respect

### **Black Belt Club**

**Forms:** Songahm 3 & In Wha 1  
**Weapon:** Jahng Bahng

### **Leadership**

**Weapon:** Ssahng Nat  
**Skill:** Public Speaking

**Monday**  
4:30-5:00 Tiger  
5:00-5:30 Leadership  
5:30-6:15 K4K All Ranks  
6:15-6:45 Combat Fitness  
6:45-7:30 Adult/Teen  
7:30-8:00 13+ Sparring

**Tuesday**  
4:30-5:15 K4K All Ranks  
5:15-5:45 Leadership  
5:45-6:15 Tigers  
6:15-6:45 Combat Fitness  
6:45-7:30 Adult/Teen  
7:30-8:00 13+ Sparring

**Wednesday**  
4:30-5:00 Tiger  
5:00-5:30 Hyper  
5:30-6:15 K4K All Ranks  
6:15-6:45 Combat Fitness  
6:45-7:30 Adult/Teen  
7:30-8:00 Legacy

**Thursday**  
4:30-5:15 K4K All Ranks  
5:15-5:45 Hyper  
5:45-6:15 Tigers  
6:15-6:45 Combat Fitness  
6:45-7:30 Adult/Teen  
7:30-8:00 Legacy

**Friday**  
4:30-5:00 Tigers  
5:00-5:45 Champion  
Sparring  
5:45-6:15 Combat Fitness  
6:15-7:00 Family Class