

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

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

Tuesday
 4:00-4:45 K4K Beginner
 4:45-5:15 Tiger Advanced
 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
 4:00-4:45 Competition Team
 4:45-5:15 Tiger Leadership
 5:30-6:00 Tiger Advanced
 6:00-6:45 Combat Fitness

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

Thursday
 4:00-4:45 K4K Beginner
 4:45-5:15 Tiger Advanced
 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
 5:00-6:00 Competition Team

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

Tigers: 3-6 Years

K4K: 7-12 Years

Adults/Teen: 13 & Up

Beginner: White-Camo

Advanced: Green-Rec. Black

Saturday
 8:45-9:30 Combat Fitness
 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 Team