

Ignite Live Class Schedule – July 27, 2020

ZOOM ID # 278-695-7391

Tigers: 3-6 Years

K4K: 7-12 Years

Adults/Teen: 13 & Up

Beginner: White - Camo

Intermediate: Green - Purple

Advanced: Blue - Red

Monday

3:00 – 3:30 Tigers Beginner
3:30 – 4:00 All White - Camo
4:00 – 4:30 Tiger Advance
4:30 – 5:00 All Green – Red
5:00 – 5:30 Combat Fitness

Tuesday

3:00 – 3:30 Rec Black Belts
3:30 – 4:00 Leadership/Legacy
4:00 – 4:30 Black Belts 1^o
4:30 – 5:00 Black Belts 2^o-3^o

Life skill: Communication

Black Belt Club

Wednesday

3:00 – 3:30 Tigers Beginner
3:30 – 4:00 All White - Camo
4:00 – 4:30 Tiger Advance
4:30 – 5:00 All Green – Red
5:00 – 5:30 Combat Fitness

Forms:

Tigers – Songahm 4

Beginner - Songahm 3

Intermediate – Choong Jung 1

Advanced – Choong Jung 1

Thursday

3:00 – 3:30 Rec Black Belts
3:30 – 4:00 Leadership/Legacy
4:00 – 4:30 Black Belts 1^o
4:30 – 5:00 Black Belts 2^o-3^o

Weapon:

Beginners: Jahng Bahng

Int/Adv: Jahng Bahng

Leadership

Weapon: Jahng Bahng

Skill: Leader in Life

Friday

3:00 – 3:30 All Tigers
3:30 – 4:00 All White - Camo
4:00 – 4:30 All Green – Red
4:30 – 5:00 All Black Belts
5:00 – 5:30 Combat Fitness

We are staying on Zoom for the time being, we are still waiting to officially receive our permit to operate. Each day we are on the phone with County and City Health officials to try and make sense of the situation and constant regulation changes. In an effort to keep you all safe while we train!