

Ignite ATA Class Schedule – September 25th, 2020

ZOOM		REGULAR	
Monday	2:00-2:30 Tigers 2:30-3:00 White-Red Belts 3:00-3:30 Combat Fitness	Monday	3:30-4:00 Tiger White - Orange 4:05-4:35 All White Belts 4:40-5:10 Tiger Baeoh - Red 5:15-5:45 LEADERSHIP 5:50-6:20 All Orange - Purple 6:25-6:55 Legacy 7:00-7:30 K4K BI – Red & Adult/Teen 7:35-8:05 Combat Fit
Tuesday	2:00-2:30 Rec. Black Belts 2:30-3:00 Leadership/Legacy 3:00-3:30 Black Belts	Tuesday	3:30-4:00 All Orange - Purple 4:05-4:35 All Blue - Red 4:40-5:10 Rec. BB & 1 st Degree BB 5:15-5:45 Tigers White – Orange 5:50-6:20 Tiger Baeoh - Red 6:25-6:55 All White - Yellow 7:00-7:30 K4K/Teen Black Belts 7:35-8:05 Teen/Adult Black Belts
Wednesday	2:00-2:30 Tigers 2:30-3:00 White-Red Belts 3:00-3:30 Combat Fitness	Wednesday	3:30-4:00 Tiger White - Orange 4:05-4:35 All White Belts 4:40-5:10 Tiger Baeoh - Red 5:15-5:45 LEADERSHIP 5:50-6:20 All Orange - Purple 6:25-6:55 Legacy 7:00-7:30 K4K BI – Red & Adult/Teen 7:35-8:05 Combat Fit
Thursday	2:00-2:30 Rec. Black Belts 2:30-3:00 Leadership/Legacy 3:00-3:30 Black Belts	Thursday	3:30-4:00 All Orange - Purple 4:05-4:35 All Blue - Red 4:40-5:10 Rec. BB & 1 st Degree BB 5:15-5:45 Tigers White – Orange 5:50-6:20 Tiger Baeoh - Red 6:25-6:55 All White - Yellow 7:00-7:30 K4K/Teen Black Belts 7:35-8:05 Teen/Adult Black Belts
Friday	2:00-2:30 Rec BB 2:30-3:00 Tigers 3:00-3:30 Color Belts	Friday	3:30-4:00 All Tigers 4:05-4:35 LEADERSHIP 4:40-5:10 All Camo - Red 5:15-5:45 All White - Yellow

Tigers: 3-6 Years
K4K: 7-12 Years
Adults/Teen: 13 & Up
White: Songahm 4
Orange - Purple: Songahm 4
Blue - Red: Choong Jung 2
All Tigers: Songahm 5

Weapons:
Tiger Beginners: Single Bahng Mahng Ee
Tiger Advanced: Double Bahng Mahng Ee
Color Belt Beginners: Single Bahng Mahng Ee
Color Belt Advanced: Double Bahng Mahng Ee
Black Belts: Jahng Bahng

5:50-6:20 Rec. BB & 1st Degree BB