

Ignite ATA Class Schedule – October 26th, 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 K4K White Belts 4:40-5:10 Tiger Baeoh - Red 5:15-5:45 K4K Leadership (Floor A) 5:15-5:45 Tiger Leadership (Floor B) 5:50-6:20 K4K Orange - Camo 6:25-6:55 K4K Green – Red 7:00-7:30 All Ranks 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 K4K Orange - Camo 4:05-4:35 K4K Green - Red 4:40-5:10 Legacy (Floor B) 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 K4K White Belts 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 K4K White Belts 4:40-5:10 Tiger Baeoh - Red 5:15-5:45 K4K Leadership (Floor A) 5:15-5:45 Tiger Leadership (Floor B) 5:50-6:20 K4K Orange - Camo 6:25-6:55 K4K Green – Red 7:00-7:30 All Ranks 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 K4K Orange - Camo 4:05-4:35 K4K Green - Red 4:40-5:10 Legacy (Floor B) 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 K4K White Belts 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 Green - Red 5:15-5:45 All White - Camo 5:50-6:20 Rec. BB & 1 st Degree BB

Tigers: 3-6 Years

K4K: 7-12 Years

Adults/Teen: 13 & Up

White: Songahm 1

Orange - Camo: Songahm 1

Blue - Red: In Wha 2

All Tigers: Songahm 1

Weapons:

All White - Yellow: Single Ssahng Jeol Bahng

All Camo - Red: Double Ssahng Jeol Bahng

Black Belts: Sword

Leadership/Legacy: Tri-Sectional Staff