

Ignite Camarillo Class Schedule – March 1st, 2021

Tigers: 3-6 Years

K4K: 7-12 Years

Adults/Teen: 13 & Up

Beginner: White - Orange

Advanced: Yellow - Red

Life skill: Self-Esteem

Black Belt Club

Forms:

Tigers - Songahm 3

Beginner - Songahm 3

Advanced – Choong Jung 1

Weapon:

Beginner: Jahng Bahng

Advanced: Jahng Bahng

Black Belt: Jahng Bahng

Leadership

Weapon: Jahng Bahng

Skill: Public Speaking

Monday
3:30-4:15 K4K Camo – Red
4:15-4:45 Sparring
4:45-5:15 Tiger Orange – Red
5:15-5:45 Tiger White Belts
5:45-6:30 K4K White – Yellow
6:30-7:00 Combat Fitness
7:00-7:45 Adults/Teens

Tuesday
3:30-4:00 All Tigers White Belts
4:00-4:45 K4K White – Yellow
4:45-5:15 Leadership
5:15-5:45 Tigers Orange – Red
5:45-6:30 K4K Camo – Red
6:30-7:00 Combat Fitness
7:00-7:45 Black Belts

Wednesday
3:30-4:15 K4K Camo – Red
4:15-4:45 Sparring
4:45-5:15 Tiger Orange – Red
5:15-5:45 Tiger White Belts
5:45-6:30 K4K White – Yellow
6:30-7:00 Combat Fitness
7:00-7:45 Adults/Teens
7:45-8:15 Legacy

Thursday
3:30-4:00 All Tigers White Belts
4:00-4:45 K4K White – Yellow
4:45-5:15 Leadership
5:15-5:45 Tigers Orange – Red
5:45-6:30 K4K Camo – Red
6:30-7:00 Combat Fitness
7:00-7:45 Black Belts
7:45-8:15 Legacy

Friday
3:30-4:00 All Tigers
4:00-4:30 Leadership
4:30-5:15 K4K Color Belts
5:15-5:45 Combat Fitness
5:45-6:30 Adults/Teens