

Ignite Ventura Class Schedule – March 1st, 2020

Monday **Small Floor**
 4:00-4:45 Tiger Leadership
 6:45-7:15 Legacy

Tuesday 3:45-4:15 Legacy
 6:00-6:45 Combat Fit

Wednesday 4:00-4:45 Tiger Leadership
 6:45-7:15 Legacy

Thursday 3:45-4:15 Legacy
 6:00-6:45 Combat Fit

Monday **Big Floor**
 3:00-3:30 Tiger White – Orange
3:30-4:00 Tiger Yellow – Red
4:00-4:45 K4K White – Yellow
4:45-5:15 K4K Leadership
 5:15-6:00 K4K Camo – Red
 6:00-6:45 All Ranks Adult/Teen
 6:45-7:15 Combat Fit

Tuesday **3:00-3:45 K4K Camo – Red**
 3:45-4:15 Sparring
 3:45-4:15 Legacy (Floor B)
 4:15-5:00 Rec Black Belts
 5:00-5:30 Tiger Yellow – Red
 5:30-6:00 Tiger White – Orange
 6:00-6:45 K4K White – Yellow
6:45-7:30 Black Belts

Wednesday 3:00-3:30 Tiger White – Orange
3:30-4:00 Tiger Yellow – Red
4:00-4:45 K4K White – Yellow
4:45-5:15 K4K Leadership
 5:15-6:00 K4K Camo – Red
 6:00-6:45 All Ranks Adult/Teen
 6:45-7:15 Combat Fit

Thursday **3:00-3:45 K4K Camo – Red**
 3:45-4:15 Sparring
 3:45-4:15 Legacy (Floor B)
 4:15-5:00 Rec Black Belts
 5:00-5:30 Tiger Yellow – Red
 5:30-6:00 Tiger White – Orange
 6:00-6:45 K4K White – Yellow
6:45-7:30 Black Belts

Friday **3:30-4:00 All Tigers**
4:00-4:30 Leadership
4:30-5:15 All Camo – Red
 5:15-6:00 All White – Yellow

Saturday 9:00-9:30 Combat Fitness
 9:30-10:00 All Tigers
 10:00-10:30 Sparring Drills
 10:30-11:15 All Color Belts

ZOOM DURING BOLD CLASSES
ID# 278-695-7391

Tigers: 3-6 Years
K4K: 7-12 Years
Adults/Teen: 13 & Up
White - Yellow: Songahm 3
Camo - Red: Choong Jung 1
All Tigers: Songahm 3

Weapons:
All White - Yellow: Jahng Bahng
All Camo - Red: Jahng Bahng
Black Belts: Jahng Bahng
Leadership/Legacy: Jahng Bahng

Life-skill: Self-Esteem