

Ignite Ventura Class Schedule – May 10th, 2021

Small Floor

Monday 3:45-4:15 Tiger 5&6 White - Orange
4:15-4:45 Tiger Leadership
4:45-5:15 Tiger Yellow - Red
5:45-6:30 Combat Fit

Tuesday 5:00-5:30 Legacy
6:00-6:45 Combat Fit

Wednesday 3:45-4:15 Tiger 5&6 White-Orange
4:15-4:45 Tiger Leadership
4:45-5:15 Tiger Yellow - Red
5:45-6:30 Combat Fit

Thursday 5:00-5:30 Legacy
6:00-6:45 Combat Fit

ZOOM DURING BOLD CLASSES
ID# 278-695-7391

Tigers: 3-6 Years

K4K: 7-12 Years

Adults/Teen: 13 & Up

White - Yellow: Songahm 1

Camo - Purple: Songahm 4

Camo - Red: Choong Jung 2

All Tigers: Songahm 1

Weapons:

All White - Yellow: Ssahng Jeol Bahng

All Camo - Red: Double Ssahng Jeol Bahng

Black Belts: SSJB, DSJB

Leadership/Legacy: Escrimas

Life-skill: Belief

Big Floor

Monday **3:15-3:45 Tiger 3&4 White - Orange**
3:45-4:30 K4K White – Orange
4:30-5:15 K4K Yellow - Green
5:15-5:45 K4K Leadership
5:45-6:30 K4K Purple – Rec BB
6:30-7:15 Adult/Teen Color Belts
7:15-7:45 Legacy

Tuesday 3:30-4:15 K4K Purple – Rec BB
4:15-5:00 K4K Yellow – Green
5:00-5:30 Tiger Advanced
5:30-6:00 Tiger Beginner
6:00-6:45 K4K White – Orange
6:45-7:30 Black Belts
7:30-8:00 Legacy

Wednesday **3:15-3:45 Tiger 3&4 White - Orange**
3:45-4:30 K4K White – Orange
4:30-5:15 K4K Yellow - Green
5:15-5:45 K4K Leadership
5:45-6:30 K4K Purple – Rec BB
6:30-7:15 Adult/Teen Color Belts
7:15-7:45 Sparring

Thursday 3:30-4:15 K4K Purple – Rec BB
4:15-5:00 K4K Yellow – Green
5:00-5:30 Tiger Advanced
5:30-6:00 Tiger Beginner
6:00-6:45 K4K White – Orange
6:45-7:30 Black Belts
7:30-8:00 Sparring

Friday 3:15-3:45 Tiger Beginners
3:45-4:15 Tiger Advanced
4:15-4:45 Leadership
4:45-5:30 All Color Belts
5:30-6:00 Sparring

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