

Ignite Ventura Class Schedule – October 11th, 2021

<u>Small Floor</u>		<u>Big Floor</u>	
Monday	4:30-5:00 Tiger Leadership 6:00-6:30 Legacy 6:30-7:15 Combat Fitness	Monday	4:00-4:30 All Tigers 4:30-5:15 K4K Beginner 5:15-6:00 K4K Advanced 6:00-6:30 Leadership 6:30-7:15 K4K Intermediate 7:15-8:00 Adults/Teens 8:00-8:30 Legacy
Tuesday	4:45-5:15 Legacy 5:15-6:00 Rec. Black Belts 6:30-7:15 Combat Fitness	Tuesday	4:00-4:45 K4K Intermediate 4:45-5:15 All Leadership 5:15-6:00 K4K Advanced 6:00-6:30 All Tigers 6:30-7:15 K4K Beginner 7:15-8:00 Black Belts 8:00-8:30 Legacy
Wednesday	4:30-5:00 Tiger Sparring 6:00-6:30 Legacy 6:30-7:15 Combat Fitness	Wednesday	4:00-4:30 All Tigers 4:30-5:15 K4K Beginner 5:15-6:00 K4K Advanced 6:00-6:30 Sparring 6:30-7:15 K4K Intermediate 7:15-8:00 Adults/Teens 8:00-8:30 Sparring
Thursday	4:45-5:15 Legacy 5:15-6:00 Rec. Black Belts 6:30-7:15 Combat Fitness	Thursday	4:00-4:45 K4K Intermediate 4:45-5:15 All Sparring 5:15-6:00 K4K Advanced 6:00-6:30 All Tigers 6:30-7:15 K4K Beginner 7:15-8:00 Black Belts 8:00-8:30 Sparring
Friday	4:00-4:45 Combat Fit	Friday	4:00-4:45 Comp Team Conditioning 4:45-5:15 All Tigers 5:15-6:00 All White – Yellow 6:00-6:45 All Camo – Rec BB

Tigers: 3-6 Years
K4K: 7-12 Years
Adults/Teen: 13 & Up

Beginner: White - Yellow
Intermediate: Camo – Purple
Advanced: Blue – Red
All Tigers: Songahm 1
Beginners: Songahm 1
Intermediate: In Wha 1
Advanced: Choong Jung 2

Weapons:
Beginners: Single Ssahng Jeol Bong
Int/Adv: Double Ssahng Jeol Bong
Black Belts: SSJB and DSJB
Leadership/Legacy: XMA Chux

Life-skill: Honesty