

Ignite Ventura Class Schedule – January 17th, 2022

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

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 1

Weapons:

Beginners: Single Bahng Mahng Ee

Int/Adv: Double Bahng Mahng Ee

Black Belts: Sword

Leadership/Legacy: XMA Sword

Life-skill: Respect