

Ignite Ventura Class Schedule – January 3rd, 2023

Small Floor

Monday	5:45-6:30 Combat Fitness
Tuesday	5:45-6:30 Combat Fitness
Wednesday	5:15-5:45 Rec BB Forms 6:00-6:45 Combat Fitness
Thursday	5:45-6:30 Combat Fitness
SATURDAY	10:45-11:30 Adult Open Mat

Tigers: 3-6 Years

K4K: 7-12 Years

Adults/Teen: 13 & Up

Beginner: White - Yellow

Intermediate: Camo – Green

Advanced: Purple – Red

All Tigers: Songahm 1

Beginners: Songahm 1

Intermediate: Songahm 5

Advanced: Choong Jung 1

Weapons:

Beginners: Ssahng Jeol Bong

Int/Adv: Double Ssahng Jeol Bong

Black Belts: SSJB/DSJB

Leadership/Legacy: Double Ssahng Jeol Bong

Life-skill: Respect

Big Floor

Monday	4:00-4:30 All Tigers Full Uniform Only 4:30-5:15 K4K White - Yellow 5:15-5:45 Leadership/Legacy 5:45-6:30 K4K Camo – Rec BB 6:30-7:15 Adults/Teens 7:15-7:45 Legacy
Tuesday	4:00-4:45 K4K Camo – Rec BB Full Uniform Only 4:45-5:15 All Leadership/Legacy 5:15-5:45 All Tigers 5:45-6:30 K4K White - Yellow 6:30-7:15 Black Belts 7:15-7:45 Legacy
Wednesday	4:00-4:30 All Tigers Ignite Shirts allowed 4:30-5:15 K4K White - Yellow 5:15-6:00 Sparring A (8&under) 6:00-6:45 Sparring B (9yo-12yo) 6:45-7:30 Adults/Teens 7:30-8:15 Sparring C (13yo+ & BB)
Thursday	4:00-4:45 K4K Camo – Rec BB Ignite Shirts allowed 4:45-5:15 All Leadership/Legacy 5:15-5:45 All Tigers 5:45-6:30 K4K White - Yellow 6:30-7:15 Black Belts 7:15-7:45 Comp Team
Friday	4:00-4:30 All Tigers Ignite Shirts allowed 4:30-5:15 XMA (Leadership/Legacy) 5:15-6:00 All Color Belts
Saturday	9:00-9:30 All Tigers Ignite Shirts allowed 9:30-10:00 Tiger Sparring 10:00-10:45 Combat Fitness 10:45-11:30 All Ranks 11:30-12:00 XMA Elite (Invite Only)