

Ignite Ventura Class Schedule – July 24th, 2023

Small Floor

Monday	5:40-6:20 Combat Fitness
Tuesday	5:40-6:20 Combat Fitness
Wednesday	5:15-5:45 Rec BB Forms 5:50-6:30 Combat Fitness
Thursday	5:40-6:20 Combat Fitness
Friday	4:30-5:00 Tiger Spar
Saturday	10:40-11:20 Adult Open Mat

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: Songahm 4
Advanced: In Wha 2

Weapons:
Beginners: Ssahng Jeol Bong
Int/Adv: Ssahng Jeol Bong
Black Belts: Ssahng Jeol Bong
Leadership/Legacy: Sam Dan Bong

Life-skill: Communication

Big Floor

Monday	4:00-4:30 All Tigers Full Uniform Only 4:30-5:10 K4K White – Yellow 5:10-5:40 Leadership 5:40-6:20 K4K Camo – Red 6:20-7:00 Adults/Teens 7:00-7:40 Legacy
Tuesday	4:00-4:40 K4K Camo – Red Full Uniform Only 4:40-5:10 Leadership 5:10-5:40 All Tigers 5:40-6:20 K4K White – Yellow 6:20-7:00 Black Belts and Rec BB 7:00-7:40 Comp Team
Wednesday	4:00-4:30 All Tigers Ignite Shirts allowed 4:30-5:10 K4K White – Yellow 5:10-5:50 Sparring A (8&under) 5:50-6:20 Leadership 6:20-7:00 Sparring B (9yo-12yo) 7:00-7:40 Adults/Teens 7:40-8:20 Sparring C (13yo+ & BB)
Thursday	4:00-4:40 K4K Camo – Red Ignite Shirts allowed 4:40-5:10 Leadership 5:10-5:40 All Tigers 5:40-6:20 K4K White – Yellow 6:20-7:00 Black Belts and Rec BB 7:00-7:40 Legacy/Staff Training
Friday	4:00-4:30 All Tigers Ignite Shirts allowed 4:30-5:10 XMA (Leadership/Legacy) 5:10-5:50 All Color Belts
Saturday	9:30-10:00 All Tigers Ignite Shirts allowed 10:00-10:40 Combat Fitness 10:40-11:20 All Ranks 11:20-12:00 XMA Elite (Invite Only)