

Ignite Ventura Class Schedule – October 16th, 2023

Small Floor

Monday 5:40-6:20 Combat Fitness

Tuesday 6:20-7:00 Combat Fitness

Wednesday 5:15-5:45 Rec BB Forms
6:00-6:40 Combat Fitness

Friday 4:30-5:00 Tiger Spar

Tigers: 3-6 Years

K4K: 7-12 Years

Adults/Teen: 13 & Up

Beginner: White - Yellow

Intermediate: Camo – Purple

Advanced: Blue – Red

All Tigers: Songahm 2

Beginners: Songahm 2

Intermediate: Songahm 5

Advanced: Choong Jung 2

Weapons:

Beginners: Jahng Bong

Int/Adv: Jahng Bong

Black Belts: Sword

Leadership/Legacy: Sword

Life-skill: Honesty

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 – Rec BB
6:20-7:00 Adults/Teens
7:00-7:40 I.M.A. University (legacy)

Tuesday 4:00-4:40 K4K Camo – Rec BB
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 & 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 – Rec BB
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 1st Degree BB & Rec BB
7:00-7:40 2nd - 4th Degree 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 All Ranks
10:40-11:20 XMA Elite (Invite Only)