

Ignite Ventura Class Schedule – April 22nd, 2024

Small Floor

Big Floor

Tuesday 6:20-7:00 Combat Fitness

Wednesday 5:15-5:45 Rec BB Forms

Thursday 6:20-7:00 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: In Wha 1

Advanced: Choong Jung 1

Weapons:

Beginners: Jahng Bong

Int/Adv: Jahng Bong

Black Belts: Jahng Bong

Leadership/Legacy: Jahng Bong

Life-skill: Discipline

Monday 4:00-4:30 All Tigers
 Full Uniform Only 4:30-5:10 K4K White – Yellow
 5:10-5:40 **I.M.A. Academy** (Jr. Legacy)
 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 See This Month's Saturday Schedule