

## Ignite Ventura Class Schedule – October 21, 2024

### Small Floor

**Tuesday 6:15 – 7:15 WOMEN'S SELF DEFENSE**

**Thursday 6:15 – 7:15 WOMEN'S SELF DEFENSE**

**FRIDAY 4:30 – 5:00 Rec Black Belt**

**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:** In Wha 2

**Weapons:**

**Beginners:** Jahng Bong

**Int/Adv:** Jahng Bong

**Black Belts:** Jahng Bong

**Leadership/Legacy:** Ssahng Nats

**Life-skill:** Self- Esteem

### Big Floor

**Monday**

4:00-4:30 All Tigers

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

6:20-7:10 Adults/Teens

7:10-7:40 I.M.A. University (Legacy)

**Tuesday**

4:00-4:40 K4K Camo – Rec BB

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

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 Adult/Teen Sparring

**Thursday**

4:00-4:40 K4K Camo – Rec BB

4:40-5:10 Leadership

5:10-5:40 All Tigers

5:40-6:20 K4K White – Yellow

6:20-7:00 13&Down Rec BB – 2<sup>nd</sup>BB

7:00-7:40 13&Up Blue-5<sup>th</sup> Degrees

**Friday**

4:00-4:30 All Tigers

4:30- 5:00 Tiger Sparring

5:00 – 5:40 All Color Belts

**Saturday**

9:00 – 10:00 Combat Fitness

10:00 – 10:40 Weapons (7 and up)

10:40 – 11:20 All Ranks

11:20-12:00 XMA Beginner

12:00-12:40 XMA Elite (**Invite only**)