

Ignite Ventura Class Schedule – February 3, 2025

Small Floor

Monday 5:40 – 6:20 COMBAT FITNESS

Wednesday 6:20 – 7:00 COMBAT FITNESS

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 1
Beginners: Songahm 3
Intermediate: In Wha 1
Advanced: Choong Jung 1

Weapons:
Beginners: Ssahng Jeol Bong
Int/Adv: Ssahng Jeol Bong
Black Belts: Ssahng Jeol Bong
Leadership/Legacy: San Dam Bong

Life-skill: Discipline

Big Floor

Monday
(Full White Uniforms)
4:00-4:30 All Tigers
4:30-5:10 K4K White – Yellow
5:10-5:40 Legacy Jr. (13 & under)
5:40-6:20 K4K Camo – Rec BB
6:20-7:10 Adults/Teens
7:10-7:40 Legacy Elite (13 & up)

Tuesday
(Full White Uniforms)
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
(ATA T-shirt)
4:00-4:30 All Tigers
4:30-5:10 K4K White – Yellow
5:10-5:50 Sparring A (7 & under)
5:50 – 6:20 **Combat Weapon Spar**
6:20 – 7:00 Sparring B (8 – 12 Years)
7:00 – 7:40 Adults/Teens
7:40 – 8:20 Sparring C (12 & up)

Thursday
(Full Uniforms Any)
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 – 2ndBB
7:00-7:40 13&Up Blue-5th Degrees

Friday
(Full Uniforms Any)
4:00-4:30 All Tigers
4:30- 5:00 Leadership
5:10 – 5:50 All Color Belts

Saturday
(ATA T-Shirt)
9:30 – 10:00 All Tigers
10:00 – 10:40 XMA Beginners
10:40 – 11:20 ALL RANKS (7 & up)
11:20 – 12:00 XMA Elite (Invite Only)