

Ignite Taekwondo Inc. Schedule (Fall 2020)

Day/Time	Monday	Day/Time	Wednesday	Day/Time	Friday	Day/Time	Saturday
4:30	6 to 12 year old White to Yellow Group 1	4:30	3 to 5 year old Tiny Tikes Group 1	4:30	3 to 5 year old Tiny Tikes Group 1	11:00	3 to 5 year old Tiny Tikes Group 2/1x week
15 Mins	Cleaning					11:30	Cleaning
5:15	6 to 12 year old White to Yellow Group 2	5:15	6 to 12 year old White to Yellow Group 3	5:15	6 to 12 year old White to Yellow Group 1	11:45	6 to 12 year old White to Yellow Grroup 2
15 Mins	Cleaning					12:15	Cleaning
6:00	6 to 12 year old Orange to Green Group 1	6:00	6 to 12 year old White to Yellow Group 4	6:00	6 to 12 year old Orange to Green Group 1	12:30	6 to 12 year old White to Yellow Group 3
15 Mins	Cleaning					1:00	Cleaning
7:00	6 to 12 year old Orange to Green Group 2	6:45	6 to 12 year old Orange to Green Group 3	7:00	6 to 12 year old Orange to Green Grroup 2	1:15	6 to 12 year old Orange to Green Group 3
15 Mins	Cleaning					2:00	Cleaning
8:00	13+ All belts Group 1	7:45	13+ All belts Group 1			2:15	6 to 12 year old White to Yellow Group 4
15 Mins	Cleaning					2:45	Cleaning
						3:00	13+ All belts Group 2/1x week

Arrive 5 minutes before your class begins. Students arriving more than 10 minutes late may NOT be allowed to participate in their class. If there is a conflict with scheduling, feel free to let us know!

Tiny Tikes (30 minutes)

Students are given fun drills that enhance their listening, balance, and spacial awareness. Students are taught the same curriculum.

White to Yellow (30 minutes)

Students learn the basic kicks and strikes of Taekwondo. Basic sparring movements are introduced.

Orange to Green (45 minutes)

Students master their basic knowledge of kicks and strikes. Students are taught advanced kicks that involve turns. Advanced sparring techniques are learned. Students are given leadership roles

Blue to Red

(Coming Soon)

Students perfect their basic knowledge of kicks and strikes. Students are taught kicks that involve turns, jumps, or a combination of both. Advanced sparring techniques are perfected. Mandatory leadership hours are needed to test.

Sparring Class (Currently Unavailable)

Students wishing to attend tournaments or improve their sparring techniques are encouraged to participate

Family Class/13+ (45 minutes)

Classes offering an opportunity for parents to bond with their child while being active. Family class participants must include a family member 14 years or older

Adults

Group Fitness (Currently Unavailable)

45-1 hour length classes. High energy and fun workouts leaving you sweating for more! First group fitness classes are FREE. Please note: no shoes are allowed on mats. It is recommended to bring a mat (yoga), towel, water bottle to all classes.