

Ignite Taekwondo Inc. Schedule (February 2020)

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30						Adults Zumba	BIRTHDAY PARTIES
11:00						Family Class All belts	
12:00						3 to 5 year old Tiny Tikes	
12:30						6 to 12 year old Orange to Green	
1:15						6 to 12 year old White to Yellow	
2:00						6 to 12 year old White to Yellow	
4:45	6 to 12 year old White to Yellow	5:00pm 3 to 5 year old Tiny Tikes	6 to 12 year old White to Yellow	6 to 12 year old Orange to Green	6 to 12 year old White to Yellow		
5:30	6 to 12 year old Orange to Green	6 to 12 year old White to Yellow	6 to 12 year old Orange to Green	6 to 12 year old White to Yellow	6 to 12 year old Orange to Green		
6:15	6 to 12 year old White to Yellow	6 to 12 year old Orange to Green	6 to 12 year old White to Yellow	Adults (6:30-7:30pm) Zumba	All Ages Sparring Class		
7:00	13+ All belts	Family Class All Belts	All Ages Sparring Class	Adults (7:30-8:30pm) Yoga	Family Class All Belts		
8:15					Adults Cardio Box		

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	Students are given fun drills that enhance their listening, balance, and spacial awareness. Students are taught the same curriculum.
White to Yellow	Students learn the basic kicks and strikes of Taekwondo. Basic sparring movements are introduced.
Orange to Green	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	Students wishing to attend tournaments or improve their sparring techniques are encouraged to participate
Family Class/13+	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	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.