

IGNITE

MARTIAL ARTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FITNESS 9:30 AM	AFTER SCHOOL PROGRAM 2:30-6:00PM	AFTER SCHOOL PROGRAM 2:30-6:00PM	AFTER SCHOOL PROGRAM 2:30-6:00PM	AFTER SCHOOL PROGRAM 2:30-6:00PM	AFTER SCHOOL PROGRAM 2:30-6:00PM
ALL BELTS 10:30 AM	ALL BEGINNER 5:15-5:45PM	ALL BEGINNER 5:15-5:45PM	ALL BEGINNER 5:15-5:45PM	ALL BEGINNER 5:15-5:45PM	ALL BEGINNER 5:15-5:45PM
	ALL COLOR BELT 6:00-6:30 PM	ALL COLOR BELT 6:00-6:30 PM	ALL COLOR BELT 6:00-6:30 PM	ALL COLOR BELT 6:00-6:30 PM	
	FITNESS 6:45 PM		FITNESS 6:45 PM	FITNESS 6:45 PM	

CLOSED SATURDAY FOR SABBATH

BEGINNER:

KIDS: WHITE - GREEN
ADULT: WHITE - YELLOW

COLOR BELT:

KIDS: PURPLE - BLACK
ADULT: ORANGE - BLACK

Fitness/Kickboxing

High Intensity Cardio and Strength Training. All fitness levels welcomed.
Workout at your own pace.

CONTACT US FOR MORE INFO!
(407) 299-1000
9440 WEST COLONIAL DRIVE
OCOE, FL 34761
WWW.IGNITEMA.COM/ INFO@IGNITEMA.COM

@TRAINIGNITE

