IGNITE MARTIAL ARTS
Virtual Academy

Combined Taekwondo, Karate, and Capoeira Schedules

All Classes are Listed in **Central Time**.

*effective 3/30/2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Kids 4-8 CAPOEIRA 4:30pm-5:00pm	**Kids KARATE Basics** 12:30pm-1:00pm	**Youth 9-12 and Teens CAPOEIRA** 4:00pm-4:30pm	**Kids 4-8 CAPOEIRA** 5:15pm-5:45pm	**Kids/Teen KARATE Advanced** 12:45pm-1:15pm	**Teens & Adults CAPOEIRA Conditioning** (every other week) 9am-9:45am
	Youth 9-12 CAPOEIRA 5:15pm-5:45pm	**Kids/Teen KARATE Intermediate** 1:15pm- 1:45pm	**Kids KARATE Basics** 4:45pm- 5:15pm	**Teens CAPOEIRA** 6:00pm-6:30pm	**Kids/Teen KARATE Intermediate** 1:30pm-2:00pm	**Kids/Teen KARATE Int. & Advanced** 10:00am-10:30am
	Teen & Adults CAPOEIRA 6:00pm-6:45pm	**Kids/Teen KARATE Advanced** 2:40pm-3:20pm	**Kids/Teen KARATE Int. & Advanced** 5:30pm- 6:00pm	**Adults CAPOEIRA** 6:45pm-7:30pm	**Kids KARATE Basics** 2:15pm-2:45pm	**Music & Roda CAPOEIRA** 10:45-11:15 (one Saturday/ month)
		Kids/Teen KARATE Black Belt 3:30pm-4:15pm	**KICKBOXING (16+)** 6:15pm- 7:00pm			
		TAEKWONDO (16+) 6:00pm-6:45pm				