IGNITE CAPOEIRA
VIRTUAL ACADEMY

Master Schedule

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

*effective 3/30/26

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Ignite Kids (ages 4-8) 4:30pm-5:00pm		**Ignite Youth (ages 9-12) and Teens** 4:00pm-4:30pm	**Ignite Kids (ages 4-8)** 5:15pm-5:45pm		**Conditioning (teen & adult)** 9-9:45am
	Ignite Youth (ages 9-12) 5:15pm-5:45pm			**Teens (13+)** 6:00pm-6:30pm		**Music & Roda** 10:45-11:15
	Teens (13+) & Adults 6:00pm-6:45pm			**Adults** 6:45pm-7:30pm		

Note: Conditioning classes run every other week, and the Music & Roda is one Saturday/ month