



MACH MARTIAL ARTS

Pleasanton Fall/Winter SCHEDULE

1840 Washington Blvd Fremont CA, 94539 Tel:(510)490-6622
 9150-F Alcosta Blvd San Ramon CA, 94583 Tel:(925)875-1405
 3037 Hopyard Road Suite D Pleasanton, CA 94588 Tel:(925)931-9117
 Web Site: <http://www.ahnstkd.com> E-Mail: machtkd@yahoo.com



**GRAND MASTER
 JOO YOUNG AHN**
*Founder of
 Mach Martial Arts*

● LITTLE TIGERS – Classes for 8 & under students	● MIXED – Classes for all ranks in the regular program
● BEGINNERS – Classes for white ~ yellow/orange stripe belts	● MAKE UP – Classes for students who needs to make up a class
● INTERMEDIATE – Classes for orange ~ green belts	● BLACK BELT CLUB – Classes for BBC members of all ages and ranks
● ADVANCE – Classes for purple ~ black belts	● DEMONSTRATION – Classes for Demonstration Team members ONLY
● ADULT TKD – Traditional Taekwondo and MMA Fitness Classes (Must be 16 years and older)	● TORCH CLUB – Classes for Torch Club members ONLY
	● TEAM MACH – Classes for Competition Team members ONLY

****Specified classes are for those groups only!!!****

MON	TUE	WED	THU	FRI	SAT
4:00 - 4:30pm LITTLE TIGER	4:00 - 4:30pm LITTLE TIGER INT & ADV ONLY	4:00 - 4:30pm LITTLE TIGER	4:00 - 4:30pm LITTLE TIGER INT & ADV SPARRING	4:00 - 4:30 pm Little Tigers Make Up	Special Events or Promotion Tests
Private Lessons By appointments only	Private Lessons By appointments only	Private Lessons By appointments only	Private Lessons By appointments only	4:40 - 5:20 pm Make up & MIXED	
5:20 - 6:00 pm BEGINNER White Belt ~ Yellow/Orange Stripe	5:20 - 5:50pm LITTLE TIGER BEGINNER ONLY	5:20 - 6:00 pm BEGINNER White Belt ~ Yellow/Orange Stripe	5:20 - 5:50pm LITTLE TIGER BEGINNER ONLY		
6:00 - 6:40 pm Black Belt Club (Black Belts & BBC members)	6:00 - 6:40 pm INTERMEDIATE & UP Orange Belts & Up	6:00 - 6:40 pm TORCH CLUB	6:00 - 6:40 pm INTERMEDIATE & UP W/TEAMMACH	6:30 - 8:00 pm TEAM MACH (Level 3 & up ONLY) *Cross Training with ALL TEAM MACH members from other schools*	
6:50 - 7:30 pm MIXED Poomse & Self-Defense	6:50 - 7:30pm Black Belt Club & PRE BLK/BLACK	6:50 - 7:30pm MIXED Olympic Sparring	6:50 - 7:40 pm TEAM MACH RingMaster Training		
7:40 - 8:20 pm ADULT TKD	7:30 - 8:30 pm BLACK BELT DEMONSTRATION	7:40 - 8:20 pm ADULT TKD	7:40 - 8:20 pm MIXED 12 years old & Up		

Build Your Mind & Body With Grand Master Ahn!!!