



MACH MARTIAL ARTS

Pleasanton CLASS SCHEDULE










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**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
● SENIORS – Classes for Red/black stripe ~ Black Belts	● ADULT TKD – Traditional Taekwondo and MMA Fitness Classes (Must be 14 years and older)
● TEAM MACH – Classes for Competition Team members	

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

MON	TUE	WED	THU	FRI	SAT
4:00 - 4:30pm LITTLE TIGER Beginner 	4:00 - 4:30pm LITTLE TIGER Advanced & Up 	4:00 - 4:30pm LITTLE TIGER Beginner 	4:00 - 4:30pm LITTLE TIGER Advanced & Up 	4:00 - 4:30 pm Little Tigers MIXED	Special Events or Promotion Tests
4:35 - 5:05pm LITTLE TIGER Intermediate & Up 	4:35 - 5:05pm LITTLE TIGER Beginner 	4:35 - 5:05pm LITTLE TIGER Intermediate & Up 	4:35 - 5:05pm LITTLE TIGER Beginner 	4:40 - 5:20 pm MIXED	
5:10 - 5:50pm BEGINNER White ~ Yellow/Orange Stripe	5:10 - 5:50pm INTERMEDIATE Orange ~ Green	5:10 - 5:50pm BEGINNER White ~ Yellow/Orange Stripe	5:10 - 5:50pm INTERMEDIATE Orange ~ Green		
5:55 - 6:35pm BLACK BELT CLUB Black Belt Club Members	5:55 - 6:35pm BLACK BELT CLUB Black Belt Club Members	5:55 - 6:35pm Weapons/ Self Defense Red- ~ Black Belts	5:55 - 6:35pm ADV/SEN W/TEAMMACH	6:00 - 7:30 pm TEAM MACH (Sparring Team) *Cross Training with ALL TEAM MACH members from other schools*	
6:40 - 7:20pm SENIORS Red/Black Stripe ~ Black Belts	6:40 - 7:20pm ADVANCED Purple ~ Red	6:40 ~ 7:20pm Black Belt Black Belts 1st Dan & Up	6:40 - 7:20pm TEAM MACH Electronic Scoring Training		
7:20 ~ 8:00pm MIXED	7:20 ~ 8:00pm Pre/Black Belt Black/White Stripe ~ Black Belts	7:20 ~ 8:00pm MIXED			
	8:00 - 8:50pm BLACK BELT DEMONSTRATION				

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