



MACH MARTIAL ARTS SAN RAMON AHN'S TAE KWON DO

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**GRAND MASTER
JOO YOUNG AHN**

● LITTLE TIGERS – Classes for ages 8 & under students	● MAKE UP – Class for Regular Students and LT Intermediate and Up who need to make up missed classes
● BEGINNERS – Classes for white ~ yellow/orange stripe belts ages 9 and up	● BLACK BELT CLUB – Classes for BBC members of all ranks
● SENIOR – Classes for red/black stripe ~ black belts	● DEMO TEAM – Classes for Demonstration Team members ONLY
● ADULT – Classes for Adult Program students ages 17 and older ONLY	● RECOMMENDATION – Testing Seniors in Regular program ONLY
	● TEAM MACH – Classes for Competition Team members ONLY

Specified classes are for those groups only!!!

CLASS SCHEDULE as of : 1.3.2011

MON	TUE	WED	THU	FRI	SAT
4:00 - 4:30pm LITTLE TIGER BEGINNER (White~Purple/Stripe)	4:00 - 4:30pm LITTLE TIGER INTERMEDIATE (Brown/s~Red/Stripe)	4:00 - 4:30pm LITTLE TIGER BEGINNER (White~Purple/Stripe)	4:00 - 4:30pm LITTLE TIGER INTERMEDIATE (Brown/s~Red/Stripe)	4:00 - 4:50 pm Make Up Class (Regular CH and LT Brown/S and Up)	Special Events or Promotion Tests
4:40 - 5:10pm LITTLE TIGER SENIOR (Brown & Up)	4:40-5:10pm LITTLE TIGER ADVANCED (Orange~Purple)	4:40 - 5:10pm LITTLE TIGER SPARRING DAY (Advanced & up)	4:40-5:10pm LITTLE TIGER SPARRING DAY (Advanced & up)		
5:20-6:00pm BEGINNER Beginner ~ Orange stripe Belt	5:20-5:50pm LITTLE TIGER BEGINNER (White~Purple/Stripe)	5:20 - 6:00pm BEGINNER Beginner ~ Orange stripe Belt	5:20-5:50pm LITTLE TIGER BEGINNER (White~Purple/Stripe)	6:00 - 7:30pm TEAM MACH (Sparring Team)	
6:10 - 6:50pm ADVANCED Purple Belt ~ Red Belt	6:00-6:40pm INTERMEDIATE Orange Belt ~ Green Belt	6:10 - 6:50pm ADVANCED Purple Belt ~ Red Belts	6:00 - 6:40pm INTERMEDIATE Orange Belt ~ Green Belt		
6:55 - 7:35pm Black Belt Club (Black Belts & BBC members)	6:50-7:30pm SENIOR MIXED (All CH Program Senior Belts)	6:55 - 7:35pm LITTLE TIGER DEMOTEAM	6:50 - 7:30pm DEMO TEAM		
7:40-8:20pm SENIOR Red/Black & Black/White Only	7:40 - 8:20pm Pre/Black Belt Black/White Stripes & Black Belts	7:40 - 8:20pm SENIOR Black Str & Up (Sparring Day)	7:40 - 8:20pm SENIOR Black Str & Up (Sparring Day)		
8:25-9:05pm BLACK BELT 1st & 2nd Dan BB Only	8:25 - 9:25pm ADULT FITNESS ADULT PROGRAM ONLY	8:20- 8:40pm Recommendation (CH Black Str and Black Belts only)	8:25 - 9:25pm ADULT FITNESS ADULT PROGRAM ONLY		

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