

Mach Martial Arts Pleasanton On-Site Class

Starting July 22, 2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:30PM	4:00PM	3:30PM	4:00PM	4:00PM
LITTLE TIGERS	INTERMEDIATE	LITTLE TIGERS	INTERMEDIATE	MIXED CLASS
BEGINNER &	ORANGE BELT	BEGINNER &	ORANGE BELT	AND
INTERMEDIATE	BLUE BELT	INTERMEDIATE	BLUE BELT	FAMILY
	GREEN BELT		GREEN BELT	PANILI
	PURPLE BELT		PURPLE BELT	
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4:15PM	4:45PM	4:15PM	4:45PM	4:45PM
BEGINNER	ADVANCED	BEGINNER	ADVANCED	<u>INT/ADV</u>
(8 Years Old & Up)	BROWN BELT	(8 Years Old & Up)	BROWN BELT	ORANGE BELT
<u>INTERMEDIATE</u>	RED BELT	<u>INTERMEDIATE</u>	RED BELT	BLUE BELT GREEN BELT
ORANGE BELT	BEGINNER	ORANGE BELT	BEGINNER	PURPLE BELT
BLUE BELT	(8 Years Old & Up)	BLUE BELT	(8 Years Old & Up)	T CKI LE BEET
DM	DM	DM	DN/	DM
5:00PM	5:30PM	5:00PM	5:30PM	5:30PM
<u>INTERMEDIATE</u>	<u>SENIOR</u>	<u>INTERMEDIATE</u>	<u>SENIOR</u>	ADV/SEN
GREEN BELT	RED/BLACK STRIPE	GREEN BELT	RED/BLACK STRIPE	BROWN BELT
PURPLE BELT	BLACK/WHITE STRIPE	PURPLE BELT	BLACK/WHITE STRIPE	RED <mark>BELT</mark> RED/BLACK STRIPE
ADVANCED BROWN BELT		ADVANCED BROWN BELT		BLACK/WHITE STRIPE
RED BELT		BROWN BELT RED <mark>BELT</mark>		
5:45PM	6:15PM	5:45PM	6:15PM	6:15PM
BLACK BELTS	LITTLE TIGERS	BLACK BELTS	LITTLE TIGERS	LITTLE TIGERS
(12 Years Old & Under)	BEGINNER &	(12 Years Old & Under)	BEGINNER &	BEGINNER &
(12 Tours on a chaor)	INTERMEDIATE	(12 Tours of a trematr)	INTERMEDIATE	INTERMEDIATE
MIXED CLASS		MIXED CLASS		
(14 Years Old & Under)		(14 Years Old & Under)		
6:30PM	7:00PM	6:30PM	7:00PM	7:00PM
SENIOR	MIXED CLASS	SENIOR	MIXED CLASS	BLACK BELTS
RED/BLACK STRIPE	(8 Years Old & Up)	RED/BLACK STRIPE	(8 Years Old & Up)	1st Poom/Dan & Up
BLACK/WHITE STRIPE		BLACK/WHITE STRIPE		
	TEAM MACH		<u>Pre-Black Belt</u>	BEGINNER
	Color Belts		Black/White Stripes &	(8 Years Old & Up)
	(Poomsae)		Black Belts	
7:15PM	7:45PM	7:15PM	7:45PM	7:45PM
BLACK BELTS	BLACK BELTS	BLACK BELTS	BLACK BELTS	TEAM MACH
(13 Years Old & Up)	1st Poom/Dan & Up	(13 Years Old & Up)	1 st Poom/Dan & Up	All Belts and Levels
ADULT MIXED		ADULT MIXED		Recognized Poomsae Training
(15 Years Old & Up)		(15 Years Old & Up)		
8:ooPM	8:30PM	8:ooPM	8:30PM	
TEAM MACH	TEAM MACH	TEAM MACH	TEAM MACH	
Black Belts Only	Black Belts Only	Black Belts Only	Black Belts ONLY	
Sport Taekwondo	Poomsae Training	Acrobatics & Free Style Training	Competition Training	
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Little Tigers (7 Years Old & Under) – LT White, LT White/Yellow, LT Yellow, LT Yellow/Orange, LT Orange/Purple, LT Blue/Brown, LT Green/Blue, LT Purple/Green, LT Brown/Red

Mondays 3:30, Tuesday 6:15, Wednesday 3:30, Thursday 6:15, Friday 6:15, Saturday 10:00

Beginner (8 Years Old & Over) - White, White/Yellow, Yellow, Yellow/Orange

Mondays 4:15, Tuesday 4:45 & 7:00, Wednesday 4:15, Thursday 4:45 & 7:00, Friday 7:00

MIXED CLASS - For all belts and all ranks at specified age

ADULT MIXED CLASS – For athletes 15 years old & older and for our hard-working moms and dads!