



Mach Martial Arts Poomsae Club

(Complimentary Training for Mach Martial Arts members)

ZOOM ONLINE TRAINING SCHEDULE

ZOOM MEETING ID (267 574 0368)

PASSWORD: To Be Updated WEEKLY

FRIDAYS
4:00PM (ONLINE) Tae Guek 1 & 2 Orange Belts & Up ONLY
4:30PM (ONLINE) Tae Guek 3 & 4 Green Belts & Up ONLY
5:00PM (ONLINE) Tae Guek 5 & 6 Brown Belts & Up ONLY
5:30PM (ONLINE) Tae Guek 7 & 8 Red/Black Stripes & Up ONLY