

Cutting Edge Martial Arts

Big Sky Class Schedule

Classes held Tuesdays and Fridays year-round

- ◆ 3-4pm Adult General Training Class
- 4-5pm Kids Beginner's Class
- 5-6pm Kids Intermediate and Advanced Class

Adult General Training Class: General technique, conditioning, and sparring from Taekwondo and a variety of other martial arts: Tai Chi, Aikido, Muay Thai, Boxing, Bagua and more.

Kids Beginner's Class: Ages 5-13, White Belt through Senior Yellow Belt – Taekwondo basics, focused on coordination, self-control, self-discipline, and basic martial arts technique

Kids Intermediate and Advanced Class: Ages 6-13, Green Belt and up – advanced Taekwondo technique and introduction to other martial arts

*Held in the back room of Big Sky Pilates Fitness Fusion near the Post Office
145 Center Lane, Suite H*

Stop in for a free class or contact Mark Austin
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