

Cutting Edge Martial Arts
Bozeman Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	(6-7:00) Adult General Training		(6-7:00) Adult General Training	(11:10-12:10) Tai Chi		(8:15-9:45) Tai Chi
11:30am-12:10pm	Adult Conditioning		Adult Conditioning		Adult Conditioning	(10-11:30) Kyorendo
12:10 - 1:10pm	Adult General Training	Adult General Training	Adult General Training	Adult General Training	Adult Forms	

3:45-4:15pm	Peewee		Peewee	
4:15 - 5:00pm	Kids Beginners	Kids Intermediate	Kids Beginners	Kids Intermediate
5:00pm - 5:45pm	Kids Intermediate	Kids Beginners	Kids Intermediate	Kids Beginners
5:45pm - 6:30pm	Kids Teen/Advanced	Kids Teen/Advanced	Kids Teen/Advanced	Kids Teen/Advanced
6:30pm - 7:30pm	Adult General Training	Adult General Training	Adult Forms	Adult General Training
7:30pm - 8:30pm	Tai Chi		Kung Fu	

Age Levels

Peewee: Ages 4-5

Kids: Ages 5-12

Adult: Ages 12+, 8+ Red Belts and up

Kids Taekwondo Skill Levels

Beginners: White through Senior Yellow

Intermediate: Green through Senior Blue

Advanced/Teen: 8+ Red belts and up, 12-17 All

Adult Martial Arts Classes

General Training: General technique, fitness, and sparring for all ranks

Conditioning: Body-weight strength training

Forms: Open hand poomse and weapons forms

Kung Fu, Tai Chi,: Free classes taught by a variety of instructors with decades of experience.

Kyorendo: Adult(13+) classes covering a wide range of empty-hand, impact, edged, and firearms techniques.