

# Cutting Edge Martial Arts

## Big Sky Class Schedule

### Classes held Tuesdays and Fridays year-round

#### Tuesday Schedule

- ◆ 3-4pm Adult / Kids Advanced Class
  - 4-5pm Kids Beginner's Class
  - 5-6pm Kids Intermediate Class

#### Friday Schedule

- 3-4pm Kids Beginner's Class
- 4-5pm Kids Intermediate Class
- ◆ 5-6pm Adult / Kids Advanced Class

● **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:** Ages 6-13, Green Belt and through Senior Blue Belt – intermediate-level Taekwondo technique and introduction to other martial arts

◆ **Adult / Kids Advanced Class:** Adults, all ranks plus kids Red belt and up – General technique, conditioning, and sparring from Taekwondo and a variety of other martial arts: Tai Chi, Aikido, Muay Thai, Boxing, Bagua and more.

*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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