

Cutting Edge Martial Arts  
Bozeman Class Schedule

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
AM	<b>(6-7:00) Adult General Training</b>	<b>(6:15-7:15) Ba Gua</b>	<b>(6-7:00) Adult General Training</b>	<b>(6:15-7:15) Ba Gua</b>		<b>(8:15-9:45) Tai Chi</b>
11:30am-12:10pm	<b>Strength Training</b>		<b>Strength Training</b>	<b>(11:10-12:10) Tai Chi</b>	<b>Strength Training</b>	<b>(10-11:30) Kyorendo</b>
12:10 - 1:10pm	<b>Adult General Training</b>	<b>Adult General Training</b>	<b>Adult General Training</b>	<b>Adult General Training</b>	<b>Adult General Training</b>	

3:45-4:15pm	<b>Peewee</b>		<b>Peewee</b>		
4:15 - 5:00pm	<b>Kids Beginners</b>	<b>Kids Intermediate</b>	<b>Kids Beginners</b>	<b>Kids Intermediate</b>	
5:00pm - 5:45pm	<b>Kids Intermediate</b>	<b>Kids Beginners</b>	<b>Kids Intermediate</b>	<b>Kids Beginners</b>	<b>(5:45-6:30pm) Kids Beginners</b>
5:45pm - 6:30pm	<b>Kids Teen/Advanced</b>	<b>Kids Teen/Advanced</b>	<b>Kids Teen/Advanced</b>	<b>Kids Teen/Advanced</b>	<b>(6:30-7:30pm) Open Class – Intermediate</b>
6:30pm - 7:30pm	<b>Adult General Training</b>	<b>Adult General Training</b>	<b>Adult General Training</b>	<b>Adult General Training</b>	<b>Kids through Adults</b>
7:30pm - 8:30pm	<b>Tai Chi</b>	<b>Kung Fu</b>			

**Age Levels**

**Peewee:** Ages 4-5

**Kids:** Ages 5-12

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

**Kids Classes**

**Beginners:** White through Senior Yellow

**Intermediate:** Green through Senior Blue

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

**Adult Classes**

**General Training:** General technique, fitness, and self-defense for all ranks

**Strength Training:** Guided, independent body-weight strength training

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

**Ba Gua:** Footwork, throwing, and joint locking techniques from the Baqua system.