

Cutting Edge Martial Arts
Bozeman Summer Class Schedule
6/10 – 8/30

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

4:30-5:00m	Peewee		Peewee	Peewee	
5:00pm - 6:30pm	Kids/Teen All	Kids/Teen All	Kids/Teen All	Kids/Teen All	(5:45-6:30pm) Kids Beginners
6:30pm - 7:30pm	Adult General Training	Adult General Training	Adult General Training	Adult General Training	Kids Intermediate + and Adults
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 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.

Summer schedule runs June 10 through August 30th