

Cutting Edge Martial Arts Bozeman Class Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat
8:30-9:30am						Adult Aikido
10:00-11:00am						Aikido Open Mat
11:00-12:00pm						Kids Aikido
12:00-1:00pm	Adult/Advanced	Adult/Advanced	Adult/Advanced	Adult/Advanced	Adult/Advanced	

4:30-5:15pm	Kids Beginner	Kids Beginner	Kids Beginner	Kids Beginner	Family Class (5-6pm)
5:15-6:00pm	Kids Intermediate	Kids Intermediate	Kids Intermediate	Kids Intermediate	
6:00-7:00pm	Adult/Advanced	Adult/Advanced	Adult/Advanced	Adult/Advanced	
7:00-8:00pm		Tai Chi		Tai Chi	

Age Levels

Kids: Ages 5-12

Adult: Ages 12+, intermediate kids with parents

Family: Kids and adults

Kids Classes

Beginner: White through senior yellow belt

Intermediate: Green through senior blue belt

Adult/Advanced: Red belts and up

Aikido: Kids Aikido

Adult Classes

Adult/Advanced: General technique, fitness, and self-defense for all ranks

Tai Chi: Tai Chi, Baqua, and other internal martial arts

Aikido: "Utilize an opponent's attacking energy in order to subdue them without injury"