

SUMMER 2022

# BIG SKY MARTIAL ARTS

EFFECTIVE: JULY 2022

IMPROVING THE QUALITY OF LIFE THROUGH MARTIAL ARTS

MONDAY/WEDNESDAY			TUESDAY/THURSDAY		
<b>4.5 - 7 YRS</b>	Kinder Kicks	4:30 - 5:05	<b>4.5 - 7 YRS</b>	Kinder Kicks	4:30 - 5:05
<b>7 - 12 YRS</b>	White - Sr. Yellow	5:05 - 5:55	<b>7 - 12 YRS</b>	White - Sr. Yellow	5:05 - 5:55
<b>7 - 12 YRS</b>	Red - Black	5:55 - 6:45	<b>7 - 12 YRS</b>	Green - Sr. Blue	5:55 - 6:45
<b>12 - ADULT</b>	Red - Black	6:45 - 7:35	<b>14 - ADULT</b>	Red - Black	6:45 - 7:35
			<b>12 - ADULT</b>	White - Sr. Blue	7:35 - 8:25
FRIDAY CLASSES			SATURDAY		
<b>8 - ADULT</b>	Junior BBC	4:00 - 5:00	<b>"BIRTHDAY PARTIES"</b>		
<b>8 - ADULT</b>	Senior BBC	5:00 - 6:00			
<b>12 - ADULT</b>	Krav / Fit Defense <small>September 2 - October 28</small>	6:10 - 7:10			

OWNER/LEAD INSTRUCTOR  
**MR. BOWMAN**

STAFF TAEKWONDO  
**MR. REITZEL**  
**MS. LaCASSE**

JR. INSTRUCTORS  
**NORA PITTAWAY**  
**RAQUEL SCHMIDT**

CLEANING STAFF  
**MARTIN MENNE**

**COURTESY • INTEGRITY • PERSEVERANCE • SELF-CONTROL • INDOMITABLE SPIRIT**

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