

March 2025

February '25

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April '25

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| 26 | 27 | 28 | 29 | 30 | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---------|---|----------|----------------------------------|--|
| 23 | 24 530-630 BEGINNERS 630-730 POINT SPARRING 730-830 INT/ADV KARATE | 25 | 26 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO | 27 | 28 | 1 900-1000 OPEN DOJO |
| 2 | 3 530-630 BEGINNERS 630-730 KICKBOXING 730-830 BUNKAI/SELFDEF | 4 | 5 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO | 6 | 7 | 8 900-1000 OPEN DOJO |
| 9 | 10 530-630 BEGINNERS 630-730 POINT SPARRING 730-830 INT/ADV KARATE | 11 | 12 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO | 13 | 14 WPO TOURNAMENT EDMONTON | 15 WPO TOURNAMENT EDMONTON NO CLASSES |
| 16 | 17 530-630 BEGINNERS 630-730 KICKBOXING 730-830 INT/ADV KARATE | 18 | 19 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO | 20 | 21 | 22 900-1000 OPEN DOJO |
| 23 | 24 530-630 BEGINNERS 630-730 POINT SPARRING 730-830 INT/ADV KARATE | 25 | 26 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO | 27 | 28 | 29 900-1000 OPEN DOJO |

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| MEMBERSHIP INFO: | CLASS INFO: |
| SPRING MEMBERSHIP (APRIL - JUNE) | BEGINNER KARATE AGES 5+ WHITE - ORANGE BELTS: BEGINNER KARATE BASICS, KATAS, WEAPONS, GAMES AND STRETCHING |
| UNLIMITED CLASSES \$365 + GST | INT/ADV KARATE AGES 7+ ORANGE + BELTS (YELLOW BY INVITE) |
| * ALLOWS ACCESS TO ALL CLASSES | DEMONSTRATION AGES 7+ ORANGE + BELTS (YELLOW BY INVITE): ADV WEAPONS AND KATAS USED FOR DEMONSTRATIONS. |
| 1 CLASS PER WEEK \$300 + GST | POINT SPARRING AGES 7+ ALL BELTS: VERY LIGHT CONTACT, QUICK, FIRST TO THE POINT FIGHTING. INCLUDES DRILLS AND SPARRING. GEAR REQUIRED. |
| PARENTS TRAIN FREE | FIT&FLOW AGES 4+ ALL BELTS: FITNESS CLASS TO FUN MUSIC FOLLOWED BY STRETCH. EXCELLENT FOR PARENTS TO JOIN. |
| ETRANSFER TO: INFO@LUCIDMARTIALARTS.COM | KICKBOXING AGES 7+ ALL BELTS: LIGHT CONTACT CONTINUOUS FIGHTING CLASS. INCLUDES DRILLS AND SPARRING. GEAR REQUIRED. |

April 2025

March '25

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May '25

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---------|---|----------|------------------------------------|--|
| 30 | 31 530-630 BEGINNERS 630-730 KICKBOXING 730-830 INT/ADV KARATE | 1 | 2 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO | 3 | 4 | 5 900-1000 OPEN DOJO |
| 6 | 7 530-630 BEGINNERS 630-730 POINT SPARRING 730-830 BUNKAI/SELFDEF | 8 | 9 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO | 10 | 11 COMAC TOURNAMENT BEARSPAW | 12 COMAC TOURNAMENT BEARSPAW NO CLASSES |
| 13 | 14 530-630 BEGINNERS 630-730 KICKBOXING 730-830 INT/ADV KARATE | 15 | 16 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO | 17 | 18 | 19 900-1000 OPEN DOJO |
| 20 | 21 NO CLASSES - EASTER | 22 | 23 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO | 24 | 25 | 26 900-1000 OPEN DOJO |
| 27 | 28 530-630 BEGINNERS 630-730 POINT SPARRING 730-830 INT/ADV KARATE | 29 | 30 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO | 1 | 2 | 3 900-1000 OPEN DOJO |

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June '25

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 27 | 28 530-630 BEGINNERS 630-730 POINT SPARRING 730-830 INT/ADV KARATE | 29 | 30 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO | 1 | 2 | 3 900-1000 OPEN DOJO |
| 4 | 5 530-630 BEGINNERS 630-730 KICKBOXING 730-830 BUNKAI/SELFDEF | 6 | 7 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO | 8 | 9 | 10 900-1000 OPEN DOJO |
| 11 | 12 530-630 BEGINNERS 630-730 POINT SPARRING 730-830 INT/ADV KARATE | 13 | 14 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO | 15 | 16 | 17 NO CLASSES |
| 18 | 19 NO CLASSES VICTORIA DAY | 20 | 21 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO | 22 | 23 | 24 900-1000 OPEN DOJO |
| 25 | 26 530-630 BEGINNERS 630-730 KICKBOXING 730-830 INT/ADV KARATE | 27 | 28 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO | 29 | 30 | 31 900-1000 OPEN DOJO |

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| MEMBERSHIP INFO: | CLASS INFO: |
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July '25

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---------|---|---|-------------------------------------|--------------------------|
| 1 | 2 530-630 BEGINNERS 630-730 POINT SPARRING 730-830 BUNKAI/SELFDEF | 3 | 4 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO | 5 | 6 | 7 900-1000 OPEN DOJO |
| 8 | 9 530-630 BEGINNERS 630-730 KICKBOXING 730-830 INT/ADV KARATE | 10 | 11 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO | 12 OPTION #1 END OF SEASON BBQ 530-730PM MIDSUN (OUTSIDE) | 13 | 14 900-1000 OPEN DOJO |
| 15 | 16 530-630 BEGINNERS 630-730 POINT SPARRING 730-830 INT/ADV KARATE | 17 | 18 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO | 19 OPTION #2 END OF SEASON BBQ 530-730PM MIDSUN (OUTSIDE) | 20 | 21 |
| 22 | 23 530-630 OPEN DOJO OUTSIDE AT MIDSUN | 24 | 25 530-630 OPEN DOJO OUTSIDE AT MIDSUN | 26 | 27 | 28 |
| 29 | 30 530-630 PRELUDE PREP OUTSIDE AT MIDSUN | 1 | 2 530-630 PRELUDE PREP OUTSIDE AT MIDSUN | 3 | 4 STAMPEDE PARADE PRELUDE 7AM | 5 |

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