

March 2024

February '24

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April '24

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21	22	23	24	25	26	27
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 POINT SPARRING	27	28 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	29 500-600 BEG KARATE	1	2
3	4 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 BUNKAI/SELFDEF 730-815 KICKBOXING	5	6 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	7 500-600 BEG KARATE	8	9
10	11 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 POINT SPARRING	12	13 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	14 500-600 BEG KARATE	15-16 WKC PROVINCIALS EDMONTON	
17	18 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 KICKBOXING	19	20 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	21 500-600 BEG KARATE	22	23
24	25 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 POINT SPARRING	26	27 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	28 500-600 BEG KARATE	29	30

MEMBERSHIP INFO:	CLASS INFO:
SPRING MEMBERSHIP (APRIL-JUNE) UNLIMITED CLASSES \$360.00 * ALLOWS ACCESS TO ALL CLASSES KARATE ONLY (BEGINNER OR ADVANCED) \$300.00 * ALLOWS ACCESS ALL KARATE CLASSES ONLY PARENTS TRAIN FREE ETRANSFER TO: INFO@LUCIDMARTIALARTS.COM	BEGINNER KARATE AGES 4+ WHITE - YELLOW BELTS: BEGINNER KARATE BASICS, KATAS, BOARD BREAKS, GAMES AND STRETCHING BEGINNER WEAPONS AGES 6+ ALL BELTS: BO STAFF BASICS, FOR DEMONSTRATION AND TOURNAMENT ONLY INT/ADV KARATE AGES 7+ ORANGE + BELTS (YELLOW BY INVITE) DEMONSTRATION AGES 7+ ORANGE + BELTS (YELLOW BY INVITE): ADV WEAPONS AND KATAS USED FOR DEMONSTRATIONS. POINT SPARRING AGES 7+ ALL BELTS: VERY LIGHT CONTACT, QUICK, FIRST TO THE POINT FIGHTING. INCLUDES DRILLS AND SPARRING. GEAR REQUIRED. FIT&FLOW AGES 4+ ALL BELTS: FITNESS CLASS TO FUN MUSIC FOLLOWED BY STRETCH. EXCELLENT FOR PARENTS TO JOIN. KICKBOXING AGES 7+ ALL BELTS: LIGHT CONTACT CONTINUOUS FIGHTING CLASS. INCLUDES DRILLS AND SPARRING. GEAR REQUIRED.

April 2024

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May '24

S	M	T	W	T	F	S
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24	25	26	27	28	29	30
31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 NO CLASSES - EASTER MO	2	3 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	4 500-600 BEG KARATE	5	6
7	8 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 BUNKAI/SELFDEF 730-815 KICKBOXING	9	10 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	11 500-600 BEG KARATE	12	13
14	15 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 POINT SPARRING	16	17 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	18 500-600 BEG KARATE	19 COMAC TOURNAMENT BEARSPAW	20
21	22 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 KICKBOXING	23	24 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	25 500-600 BEG KARATE	26	27
28	29 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 POINT SPARRING	30	1 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	2 500-600 BEG KARATE	3	4

MEMBERSHIP INFO:	CLASS INFO:
SPRING MEMBERSHIP (APRIL-JUNE)	BEGINNER KARATE AGES 4+ WHITE - YELLOW BELTS: BEGINNER KARATE BASICS, KATAS, BOARD BREAKS, GAMES AND STRETCHING
UNLIMITED CLASSES \$360.00	BEGINNER WEAPONS AGES 6+ ALL BELTS: BO STAFF BASICS, FOR DEMONSTRATION AND TOURNAMENT ONLY
* ALLOWS ACCESS TO ALL CLASSES	INT/ADV KARATE AGES 7+ ORANGE + BELTS (YELLOW BY INVITE)
KARATE ONLY (BEGINNER OR ADVANCED \$300.00)	DEMONSTRATION AGES 7+ ORANGE + BELTS (YELLOW BY INVITE): ADV WEAPONS AND KATAS USED FOR DEMONSTRATIONS.
* ALLOWS ACCESS ALL KARATE CLASSES ONLY	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.

May 2024

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June '24

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28	29 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 POINT SPARRING	30	1 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	2 500-600 BEG KARATE	3	4
5	6 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 BUNKAI/SELFDEF 730-815 KICKBOXING	7	8 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	9 500-600 BEG KARATE	10	11
12	13 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 POINT SPARRING	14	15 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	16 500-600 BEG KARATE	17	18
19	20 NO CLASSES - HOLIDAY	21	22 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	23 500-600 BEG KARATE	24	25
26	27 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 KICKBOXING	28	29 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	30 500-600 BEG KARATE	31	1

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June 2024

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July '24

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	1	2	3	4	5	6
7	8	9	10	11	12	13
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 KICKBOXING	28	29 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	30 500-600 BEG KARATE	31	1
2	3 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 BUNKAI/SELFDEF 730-815 POINT SPARRING	4	5 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	6 500-600 BEG KARATE	7	8
9	10 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 KICKBOXING	11	12 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	13 500-600 BEG KARATE	14	15
16	17 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 POINT SPARRING	18	19 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	20 500-600 BEG KARATE	21	22
23	24 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 KICKBOXING	25	26 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	27 END OF SEASON BBQ 530-730PM DEMO, AWARDS, GAMES OUTDOOR AT MIDSUN	28	29 SUMMER SCHEDULE STARTS JULY 8TH

MEMBERSHIP INFO:

SPRING MEMBERSHIP (APRIL-JUNE)	
UNLIMITED CLASSES	\$360.00
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KARATE ONLY (BEGINNER OR ADVANCED)	\$300.00
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PARENTS TRAIN FREE	
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BEGINNER WEAPONS	AGES 6+	ALL BELTS: BO STAFF BASICS, FOR DEMONSTRATION AND TOURNAMENT ONLY
INT/ADV KARATE	AGES 7+	ORANGE + BELTS (YELLOW BY INVITE)
DEMONSTRATION	AGES 7+	ORANGE + BELTS (YELLOW BY INVITE): ADV WEAPONS AND KATAS USED FOR DEMONSTRATIONS.
POINT SPARRING	AGES 7+	ALL BELTS: VERY LIGHT CONTACT, QUICK, FIRST TO THE POINT FIGHTING. INCLUDES DRILLS AND SPARRING. GEAR REQUIRED.
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