

# September 2024

August '24

S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

October '24

S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Holiday - No Classes	3	4 Fall Classes Begin Outdoor 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	5 500-600 BEG KARATE	6	7
8	9 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 BUNKAI/SELFDEF 730-815 POINT SPARRING	10	11 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	12 500-600 BEG KARATE	13	14
15	16 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 KICKBOXING	17	18 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	19 500-600 BEG KARATE	20	21
22	23 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 POINT SPARRING	24	25 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	26 500-600 BEG KARATE	27	28
29	30 Classes Move Indoor To Southwood Church 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 KICKBOXING	1	2 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	3 500-600 BEG KARATE	4	5

<b>MEMBERSHIP INFO:</b>	<b>CLASS INFO:</b>
<b>Fall Membership (September - End of Year)</b> UNLIMITED CLASSES * ALLOWS ACCESS TO ALL CLASSES KARATE ONLY * ALLOWS ACCESS KARATE CLASSES ONLY  PARENTS TRAIN FREE ETRANSFER TO: <a href="mailto:INFO@LUCIDMARTIALARTS.COM">INFO@LUCIDMARTIALARTS.COM</a>	<b>BEGINNER KARATE</b> AGES 4+ WHITE - YELLOW BELTS: BEGINNER KARATE BASICS, KATAS, BOARD BREAKS, GAMES AND STRETCHING <b>BEGINNER WEAPONS</b> AGES 6+ ALL BELTS: BO STAFF BASICS, FOR DEMONSTRATION AND TOURNAMENT ONLY <b>INT/ADV KARATE</b> AGES 7+ ORANGE + BELTS (YELLOW BY INVITE) <b>DEMONSTRATION</b> AGES 7+ ORANGE + BELTS (YELLOW BY INVITE): ADV WEAPONS AND KATAS USED FOR DEMONSTRATIONS. <b>POINT SPARRING</b> AGES 7+ ALL BELTS: VERY LIGHT CONTACT, QUICK, FIRST TO THE POINT FIGHTING. INCLUDES DRILLS AND SPARRING. GEAR REQUIRED. <b>FIT&amp;FLOW</b> AGES 4+ ALL BELTS: FITNESS CLASS TO FUN MUSIC FOLLOWED BY STRETCH. EXCELLENT FOR PARENTS TO JOIN. <b>KICKBOXING</b> AGES 7+ ALL BELTS: LIGHT CONTACT CONTINUOUS FIGHTING CLASS. INCLUDES DRILLS AND SPARRING. GEAR REQUIRED.

# October 2024

September '24

S M T W T F S  
 1 2 3 4 5 6 7  
 8 9 10 11 12 13 14  
 15 16 17 18 19 20 21  
 22 23 24 25 26 27 28  
 29 30

November '24

S M T W T F S  
 1 2  
 3 4 5 6 7 8 9  
 10 11 12 13 14 15 16  
 17 18 19 20 21 22 23  
 24 25 26 27 28 29 30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Classes Move Indoor To Southwood Church 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 KICKBOXING	1	2 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	3 500-600 BEG KARATE	4	5 Mac Martial Arts Tournament - Calgary
6	7 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 BUNKAI/SELFDEF 730-815 POINT SPARRING	8	9 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	10 500-600 BEG KARATE	11	12
13	14 Thanksgiving - No Classes	15	16 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	17 500-600 BEG KARATE 600-700 INT/ADV KARATE Makeup class	18	19
20	21 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 KICKBOXING	22	23 5-730PM LUCID HALLOWEEN PARTY FRIENDS AND FAMILY WELCOME	24 500-600 BEG KARATE	25	26
27	28 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 POINT SPARRING	29	30 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	31 Halloween - No Classes	1	2

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# November 2024

October '24

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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

December '24

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 POINT SPARRING	29	30 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	31 Halloween - No Classes	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 Remembrance Day - No Classes	12	13 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	14 500-600 BEG KARATE 600-700 INT/ADV KARATE Makeup class	15	16
17	18 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 POINT SPARRING	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 Summit Martial Arts Tournament - Calgary	
24	25 500-600 BEG KARATE 600-630 BEG WEAPONS 630-815 ADV TESTING #1	26	27 500-600 BEG KARATE 600-630 FIT&FLOW 630-815 ADV TESTING #2	28 500-600 BEG KARATE	29	30

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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

January '25

S	M	T	W	T	F	S
						1 2 3 4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 500-600 BEG KARATE 600-630 BEG WEAPONS 630-815 DEMO PREP	3	4 500-600 BEG KARATE 600-630 FIT&FLOW 630-815 DEMO PREP	5 500-600 DEMO PREP	6	7 YEAR END CELEBRATION 400-630PM - FRIENDS AND FAMILY WELCOME
8	9 530-630 OPEN DOJO	10	11 530-630 OPEN DOJO	12	13	14
15	16 530-630 OPEN DOJO	17	18 530-630 OPEN DOJO	19	20	21
22	23	24	25	26	27	28
No Classes - Holiday						
29	30	31	1	2	3	4
No Classes - Holiday						

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