

# April 2025

March '25

S	M	T	W	T	F	S
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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					

May '25

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

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 NO CLASSES HALL IS BOOKED	29	30 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO	1 MAKEUP CLASS (MONDAY) 530-630 BEGINNERS 630-730 POINT SPARRING 730-830 INT/ADV KARATE	2	3 900-1000 OPEN DOJO

MEMBERSHIP INFO:	CLASS INFO:
<b>SPRING MEMBERSHIP (APRIL - JUNE)</b> <b>UNLIMITED CLASSES \$365 + GST (\$383.25)</b> * ALLOWS ACCESS TO ALL CLASSES <b>1 CLASS PER WEEK \$300 + GST (\$315.00)</b> * KARATE ONLY <b>PARENTS TRAIN FREE</b> <b>ETRANSFER TO: INFO@LUCIDMARTIALARTS.COM</b>	<b>BEGINNER KARATE</b> AGES 5+ WHITE - ORANGE BELTS: BEGINNER KARATE BASICS, KATAS, WEAPONS, GAMES AND STRETCHING <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.

# May 2025

April '25

S	M	T	W	T	F	S
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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			

June '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					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 NO CLASSES HALL IS BOOKED	29	30 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO	1 MAKEUP CLASS (MONDAY) 530-630 BEGINNERS 630-730 POINT SPARRING 730-830 INT/ADV KARATE	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	17 900-1000 OPEN DOJO
18	19 NO CLASSES VICTORIA DAY	20	21 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO	22	23	24 CHENEY TOURNAMENT RED DEER NO CLASSES
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

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

# June 2025

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July '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	2 530-630 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 CANYON MEADOWS FIESTA PERFORMANCE 5-8PM	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	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 END OF SEASON BBQ 530-730PM MIDSUN (OUTSIDE)	20	21
22	23 530-630 DEMO PREP OUTSIDE AT MIDSUN	24	25 530-630 DEMO PREP OUTSIDE AT MIDSUN	26	27	28
29	30 530-630 DEMO PREP OUTSIDE AT MIDSUN	1	2 530-630 DEMO PREP OUTSIDE AT MIDSUN	3 STEPHEN AVENUE PERFORMANCE 10AM	4 STAMPEDE PARADE PRELUDE 7AM	5

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