

LUCID MARTIAL ARTS

Spring 2026 Schedule

March 30 - June 24



SOUTHWOOD LOCATION

Main Classes

MONDAY

4:45 PM

Little Hoppers

5:30 PM

Beginner Karate

6:30 PM

Int/Adv Karate

7:45 PM

Sparring

WEDNESDAY

5:30 PM

Beginner Karate & Weapons

6:30 PM


Int Karate & Weapons

7:00 PM

Adv Karate & Weapons

Satellite Locations


McKenzie Lake

 **Tuesday**

5:30 PM Beginner Karate

(Ages 7-12)

Cranston

 **Thursday**

5:30 PM Beginner Karate

(Ages 7-12)

6:30 PM Self Defence

(Ages 16+)

Memberships & Registration

Unlimited

\$385.00

1 Class/Week

\$315.00

Little Hoppers

\$200.00

Parents Train Free

✉ Email info@lucidmartialarts.com to register

April 2026

March '26						
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				

May '26						
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
29	30 SPRING CLASSES BEGIN 445-530 LITTLE HOPPERS 530-630 BEG KARATE 630-745 INT/ADV KARATE 745-830 SPARRING	31 @ MCKENZIE LAKE RA 530-630 BEGINNER KARATE	1 530-630 BEG KARATE & W 630-745 INT KARATE & W 700-830 ADV KARATE & W	2	3	4
5	6 NO CLASSES - EASTER	7 @ MCKENZIE LAKE RA 530-630 BEGINNER KARATE	8 530-630 BEG KARATE & W 630-745 INT KARATE & W 700-830 ADV KARATE & W	9	10 TOURNAMENT COMAC / WKC PROVINCIALS - BEARSPAW	11
12	13 445-530 LITTLE HOPPERS 530-630 BEG KARATE 630-745 INT/ADV KARATE 745-830 SPARRING	14 @ MCKENZIE LAKE RA 530-630 BEGINNER KARATE	15 530-630 BEG KARATE & W 630-745 INT KARATE & W 700-830 ADV KARATE & W	16 @ CRANSTON RA 530-620 BEGINNER KARATE 630-720 SELF DEFENCE	17	18
19	20 445-530 LITTLE HOPPERS 530-630 BEG KARATE 630-745 INT/ADV KARATE 745-830 SPARRING	21 @ MCKENZIE LAKE RA 530-630 BEGINNER KARATE	22 530-630 BEG KARATE & W 630-745 INT KARATE & W 700-830 ADV KARATE & W	23 @ CRANSTON RA 530-620 BEGINNER KARATE 630-720 SELF DEFENCE	24	25
26	27 445-530 LITTLE HOPPERS 530-630 BEG KARATE 630-745 INT/ADV KARATE 745-830 SPARRING	28 @ MCKENZIE LAKE RA 530-630 BEGINNER KARATE	29 530-630 BEG KARATE & W 630-745 INT KARATE & W 700-830 ADV KARATE & W	30 @ CRANSTON RA 530-620 BEGINNER KARATE 630-720 SELF DEFENCE	1	2
SPRING MEMBERSHIPS MARCH 30 - JUNE 24		CLASS INFO:				
UNLIMITED CLASSES \$385.00 + GST (\$404.25)		LITTLE HOPPERS AGES 3-6	UPBEAT CLASS FOCUSING ON KARATE RELATED GAMES AND CONCEPTS			
1 CLASS / WEEK (KARATE) \$315.00 + GST (\$330.75)		BEGINNER KARATE AGES 5+	WHITE - ORANGE BELTS: BEGINNER KARATE BASICS, KATAS, BOARD BREAKS, GAMES AND STRETCHING. WEAPONS ON WEDNESDAYS			
LITTLE HOPPERS (10 CLASS) \$200 + GST (\$210.00)		INT KARATE & W AGES 7+	ORANGE-BLUE BELTS: BASICS, KATAS AND WEAPONS			
PARENTS TRAIN FREE		ADV KARATE & W AGES 7+	BLUE - BLACK BELTS: BASICS, KATAS AND WEAPONS			
ETRANSFER TO: INFO@LUCIDMARTIALARTS.COM		INT/ADVANCED KARATE AGES 7+	ORANGE - BLACK BELTS: INTERMEDIATE AND ADVANCED CLASSES COMBINED.			
		SPARRING AGES 7+	ALL BELTS - SPARRING DRILLS AND TECHNIQUES			
		CRANSTON AND MCKENZIE LAKE CLASSES - INCLUDED WITH THE UNLIMITED MEMBERSHIP				

May 2026

April '26

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		

June '26

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
26	27 445-530 LITTLE HOPPERS 530-630 BEG KARATE 630-745 INT/ADV KARATE 745-830 SPARRING	28 @ MCKENZIE LAKE RA 530-630 BEGINNER KARATE	29 530-630 BEG KARATE & W 630-745 INT KARATE & W 700-830 ADV KARATE & W	30 @ CRANSTON RA 530-620 BEGINNER KARATE 630-720 SELF DEFENCE	1	2
3	4 445-530 LITTLE HOPPERS 530-630 BEG KARATE 630-745 INT/ADV KARATE 745-830 SPARRING	5 @ MCKENZIE LAKE RA 530-630 BEGINNER KARATE	6 530-630 BEG KARATE & W 630-745 INT KARATE & W 700-830 ADV KARATE & W	7 @ CRANSTON RA 530-620 BEGINNER KARATE 630-720 SELF DEFENCE	8	9
10	11 445-530 LITTLE HOPPERS 530-630 BEG KARATE 630-745 INT/ADV KARATE 745-830 SPARRING	12 @ MCKENZIE LAKE RA 530-630 BEGINNER KARATE	13 530-630 BEG KARATE & W 630-745 INT KARATE & W 700-830 ADV KARATE & W	14 @ CRANSTON RA 530-620 BEGINNER KARATE 630-720 SELF DEFENCE	15	16
17	18 NO CLASSES - VICTORIA DAY	19	20 530-630 BEG KARATE & W 630-745 INT KARATE & W 700-830 ADV KARATE & W	21 @ CRANSTON RA 530-620 BEGINNER KARATE 630-720 SELF DEFENCE	22	23
24	25 445-530 LITTLE HOPPERS 530-630 BEG KARATE 630-745 INT/ADV KARATE 745-830 SPARRING	26	27 530-630 BEG KARATE & W 630-745 INT KARATE & W 700-830 ADV KARATE & W	28 @ CRANSTON RA 530-620 BEGINNER KARATE 630-720 SELF DEFENCE	29	30 TOURNAMENT CHENEY RED DEER

SPRING MEMBERSHIPS MARCH 30 - JUNE 24

CLASS INFO:

UNLIMITED CLASSES \$385.00 + GST (\$404.25)

1 CLASS / WEEK (KARATE) \$315.00 + GST (\$330.75)

LITTLE HOPPERS (10 CLASS) \$200 + GST (\$210.00)

PARENTS TRAIN FREE

ETRANSFER TO: INFO@LUCIDMARTIALARTS.COM

LITTLE HOPPERS	AGES 3-6	UPBEAT CLASS FOCUSING ON KARATE RELATED GAMES AND CONCEPTS
BEGINNER KARATE	AGES 5+	WHITE - ORANGE BELTS: BEGINNER KARATE BASICS, KATAS, BOARD BREAKS, GAMES AND STRETCHING. WEAPONS ON WEDNESDAYS
INT KARATE & W	AGES 7+	ORANGE-BLUE BELTS: BASICS, KATAS AND WEAPONS
ADV KARATE & W	AGES 7+	BLUE - BLACK BELTS: BASICS, KATAS AND WEAPONS
INT/ADVANCED KARATE	AGES 7+	ORANGE - BLACK BELTS. INTERMEDIATE AND ADVANCED CLASSES COMBINED.
SPARRING	AGES 7+	ALL BELTS - SPARRING DRILLS AND TECHNIQUES

CRANSTON AND MCKENZIE LAKE CLASSES - INCLUDED WITH THE UNLIMITED MEMBERSHIP

June 2026

May '26

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

July '26

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
31	1 445-530 LITTLE HOPPERS 530-630 BEG KARATE 630-745 INT/ADV KARATE 745-830 SPARRING	2	3 530-630 BEG KARATE & W 630-745 INT KARATE & W 700-830 ADV KARATE & W	4 @ CRANSTON RA 530-620 BEGINNER KARATE 630-720 SELF DEFENCE	5 FIESTA DE VERANO CANYON MEADOWS 5-8PM	6
7	8 445-530 LITTLE HOPPERS 530-630 BEG KARATE 630-745 INT/ADV KARATE 745-830 SPARRING	9	10 530-630 BEG KARATE & W 630-745 INT KARATE & W 700-830 ADV KARATE & W	11 @ CRANSTON RA 530-620 BEGINNER KARATE 630-720 SELF DEFENCE	12	13
14	15 445-530 LITTLE HOPPERS 530-630 BEG KARATE 630-745 INT/ADV KARATE 745-830 SPARRING	16	17 530-630 BEG KARATE & W 630-745 INT KARATE & W 700-830 ADV KARATE & W	18 @ CRANSTON RA 530-620 BEGINNER KARATE 630-720 SELF DEFENCE	19	20
21	22 445-530 LITTLE HOPPERS 530-830 DEMO PREP	23	24 SUMMER KICKOFF BELT PROMOTIONS 5-8PM	25	26	27
28	29 530-730 DEMO PREP	30	1 530-730 DEMO PREP	2	3 STAMPEDE PARADE 7AM-10AM	4

SPRING MEMBERSHIPS MARCH 30 - JUNE 24

CLASS INFO:

UNLIMITED CLASSES \$385.00 + GST (\$404.25)

1 CLASS / WEEK (KARATE) \$315.00 + GST (\$330.75)

LITTLE HOPPERS (10 CLASS) \$200 + GST (\$210.00)

PARENTS TRAIN FREE

ETRANSFER TO: INFO@LUCIDMARTIALARTS.COM

LITTLE HOPPERS	AGES 3-6	UPBEAT CLASS FOCUSING ON KARATE RELATED GAMES AND CONCEPTS
BEGINNER KARATE	AGES 5+	WHITE - ORANGE BELTS: BEGINNER KARATE BASICS, KATAS, BOARD BREAKS, GAMES AND STRETCHING. WEAPONS ON WEDNESDAYS
INT KARATE & W	AGES 7+	ORANGE-BLUE BELTS: BASICS, KATAS AND WEAPONS
ADV KARATE & W	AGES 7+	BLUE - BLACK BELTS: BASICS, KATAS AND WEAPONS
INT/ADVANCED KARATE	AGES 7+	ORANGE - BLACK BELTS. INTERMEDIATE AND ADVANCED CLASSES COMBINED.
SPARRING	AGES 7+	ALL BELTS - SPARRING DRILLS AND TECHNIQUES

CRANSTON AND MCKENZIE LAKE CLASSES - INCLUDED WITH THE UNLIMITED MEMBERSHIP