

September 2023

August '23

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
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27	28	29	30	31		

October '23

S	M	T	W	T	F	S
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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 600-645 BEG WEAPONS 645-800 INT/ADV KARATE	29	30 SUMMER END FUN NIGHT 5-730PM	31	NO CLASSES - LONG WEEKEND	
3	4 NO CLASSES HOLIDAY	5	6 FALL SCHEDULE STARTS OUTDOOR 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/WEAPONS 715-815 INT/ADV KARATE	7 500-600 BEG KARATE 600-700 KICKBOXING	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 600-700 KICKBOXING	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 600-700 KICKBOXING	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 600-700 KICKBOXING	29	30

MEMBERSHIP INFO:	CLASS INFO:
FALL MEMBERSHIPS (SEPTEMBER - END OF YEAR)	BEGINNER KARATE AGES 4+ WHITE - YELLOW BELTS: BEGINNER KARATE BASICS, KATAS, BOARD BREAKS, GAMES AND STRETCHING
UNLIMITED CLASSES \$350.00	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.

October 2023

September '23

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3	4	5	6	7	8	9
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24	25	26	27	28	29	30

November '23

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		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 CLASSES MOVE INDOOR 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 POINT SPARRING	3	4 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	5 500-600 BEG KARATE 600-700 KICKBOXING	6	7
8	9 NO CLASSES - HOLIDAY THANKSGIVING	10	11 500-600 BEG KARATE 600-645 POINT SPARRING 645-800 INT/ADV KARATE	12 500-600 BEG KARATE 600-700 KICKBOXING	13	14
15	16 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 POINT SPARRING	17	18 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	19 500-600 BEG KARATE 600-700 KICKBOXING	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 600-700 KICKBOXING	27	28
29	30 HALLOWEEN NIGHT 500-600 BEG KARATE 600-645 FIT&GLOW 645-800 GAMES&SNACKS FRIENDS WELCOME!	31 Halloween!	1 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	2 500-600 BEG KARATE 600-700 KICKBOXING	3	4

MEMBERSHIP INFO:	CLASS INFO:
FALL MEMBERSHIPS (SEPTEMBER - END OF YEAR) UNLIMITED CLASSES \$350.00 * 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.

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December '23

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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
31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 HALLOWEEN NIGHT 500-600 BEG KARATE 600-645 FIT&GLOW 645-800 GAMES&SNACKS FRIENDS WELCOME!	31 Halloween!	1 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	2 500-600 BEG KARATE 600-700 KICKBOXING	3	4
5	6 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 POINT SPARRING	7	8 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	9 500-600 BEG KARATE 600-700 KICKBOXING	10	11 Summit Tournament Calgary All belts encouraged to attend
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 600-700 KICKBOXING	17	18
19	20 500-600 BEG KARATE 600-630 BEG WEAPONS 630-815 ADV BELT TESTING	21	22 500-600 BEG KARATE 600-630 FIT&FLOW 630-815 ADV BELT TESTING	23 500-600 BEG KARATE 600-700 KICKBOXING	24	25
26	27 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 POINT SPARRING	28	29 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	30 500-600 BEG KARATE 600-700 KICKBOXING	1	2

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January '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
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26	27 500-600 BEG KARATE 600-630 BEG WEAPONS 630-730 INT/ADV KARATE 730-815 POINT SPARRING	28	29 500-600 BEG KARATE 600-630 FIT&FLOW 630-715 DEMO/ WEAPON 715-815 INT/ADV KARATE	30 500-600 BEG KARATE 600-700 KICKBOXING	1	2
3	4 500-600 BEG KARATE 600-815 DEMO PREP	5	6 500-600 BEG KARATE 600-815 DEMO PREP	7 YEAR END CELEBRATION 530-730PM FRIENDS & FAM WELCOME	8	9
10	11 530-630 OPEN DOJO	12	13 530-630 OPEN DOJO	14	15	16
17	18 530-630 OPEN DOJO	19	20 530-630 OPEN DOJO	21	22	23
24	25	26	27	28	29	30

NO CLASSES - WINTER SEASON BEGINS MONDAY JANUARY 8TH

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