

September 2025

August '25

S	M	T	W	T	F	S
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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						

October '25

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
31	1	2	3	4	5	6
	NO CLASSES					
7	8 FALL BEGINS - OUTDOOR 530-630 BEG KARATE 630-730 INT/ADV KARATE	9 530-630 BEG KARATE 630-730 SPARRING 530-630 MCKENZIE CLASS SENPAIS WELCOME	10 530-630 BEG KARATE 630-730 INT/ADV KARATE	11 530-630 CRANSTON CLASS SENPAIS WELCOME ASK SENSEI ROY FOR DETAILS	12	13
14	15 530-630 BEG KARATE 630-730 INT/ADV KARATE	16 530-630 BEG KARATE 630-730 SPARRING NO MCKENZIE CLASS	17 530-630 BEG KARATE 630-730 INT/ADV KARATE	18 530-630 CRANSTON CLASS SENPAIS WELCOME ASK SENSEI ROY FOR DETAILS	19	20
21	22 530-630 BEG KARATE 630-730 INT/ADV KARATE	23 530-630 BEG KARATE 630-730 SPARRING 530-630 MCKENZIE CLASS SENPAIS WELCOME	24 530-630 BEG KARATE 630-730 INT/ADV KARATE	25 530-630 CRANSTON CLASS SENPAIS WELCOME ASK SENSEI ROY FOR DETAILS	26	27
28	29 530-630 BEG KARATE 630-730 INT/ADV KARATE	30 530-630 BEG KARATE 630-730 SPARRING 530-630 MCKENZIE CLASS SENPAIS WELCOME	1 530-630 BEG KARATE 630-730 INT/ADV KARATE	2 530-630 CRANSTON CLASS SENPAIS WELCOME ASK SENSEI ROY FOR DETAILS	3	4
MEMBERSHIP INFO:		CLASS INFO:				
FALL MEMBERSHIP (SEPTEMBER - DECEMBER)		BEGINNER KARATE AGES 5+ WHITE - ORANGE BELTS: BEGINNER KARATE BASICS, KATAS, BOARD BREAKS, GAMES AND STRETCHING				
UNLIMITED CLASSES \$350.00 + GST (\$367.50)		SPARRING AGES 7+ ALL BELTS - SPARRING AND LIGHT CONTACT DRILLS				
* ALLOWS ACCESS TO ALL CLASSES		INT/ADV KARATE AGES 7+ GREEN + BELTS				
		MCKENZIE & CRANSTON CLASS - NOT INCLUDED IN LUCID MEMBERSHIP, BUT ORANGE+ BELTS ARE WELCOME TO COME SENPAI (HELP OUT)				
PARENTS TRAIN FREE						
ETRANSFER TO: INFO@LUCIDMARTIALARTS.COM						

October 2025

September '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

November '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
28	29 530-630 BEG KARATE 630-730 INT/ADV KARATE	30 530-630 BEG KARATE 630-730 SPARRING	1 530-630 BEG KARATE 630-730 INT/ADV KARATE	2 530-630 CRANSTON CLASS SENPAIS WELCOME ASK SENSEI ROY FOR DETAILS	3	4
5	6 CLASSES MOVE INDOORS 530-630 BEG/INT KARATE 630-730 SPARRING 730-830 ADV KARATE	7 530-630 MCKENZIE CLASS SENPAIS WELCOME ASK SENSEI RILEY FOR DETAILS	8 515-600 BEG/ INT KARATE 600-630 NUNCHUKS 630-715 DEMO/WEAPONS 715-815 ADV KARATE	9 530-630 CRANSTON CLASS SENPAIS WELCOME ASK SENSEI ROY FOR DETAILS	10 630-730 ALL BELTS KARATE	11
12	13 NO CLASSES - Thanksgiving	14 530-630 MCKENZIE CLASS SENPAIS WELCOME ASK SENSEI RILEY FOR DETAILS	15 515-600 BEG/ INT KARATE 600-630 NUNCHUKS 630-715 DEMO/WEAPONS 715-815 ADV KARATE	16 530-630 CRANSTON CLASS SENPAIS WELCOME ASK SENSEI ROY FOR DETAILS	17 630-730 ALL BELTS KARATE	18
19	20 530-630 BEG/INT KARATE 630-730 SPARRING 730-830 ADV KARATE	21 530-630 MCKENZIE CLASS SENPAIS WELCOME ASK SENSEI RILEY FOR DETAILS	22 515-600 BEG/ INT KARATE 600-630 NUNCHUKS 630-715 DEMO/WEAPONS 715-815 ADV KARATE	23 530-630 CRANSTON CLASS SENPAIS WELCOME ASK SENSEI ROY FOR DETAILS	24 NO CLASSES - hall booked	25
26	27 530-630 BEG/INT KARATE 630-730 SPARRING 730-830 ADV KARATE	28 NO MCKENZIE CLASS	29 HALLOWEEN PARTY 515-815PM	30 530-630 CRANSTON CLASS SENPAIS WELCOME ASK SENSEI ROY FOR DETAILS	31 NO CLASSES - Halloween	1
MEMBERSHIP INFO:		CLASS INFO:				
FALL MEMBERSHIP (SEPTEMBER - DECEMBER)		BEG/INT KARATE AGES 5+ WHITE - GREEN BELTS: BEGINNER & INTERMEDIATE KARATE BASICS, KATAS, BOARD BREAKS, GAMES AND STRETCHING				
UNLIMITED CLASSES \$350.00 + GST (\$367.50)		SPARRING AGES 7+ ALL BELTS - SPARRING AND LIGHT CONTACT DRILLS				
* ALLOWS ACCESS TO ALL CLASSES		ADV KARATE AGES 7+ BLUE + BELTS, GREEN BELTS PERMITTED BY INVITE				
		NUNCHUKS AGES 5+ SINGLE AND DOUBLE NUNCHAKU BASICS AND PERFORMANCE KATA				
		DEMO/WEAPONS AGES 7+ ALL BELTS - SELF MOTIVATED CLASS WITH ONE ON ONE TRAINING TO DEVELOP WEAPONS OR EMPTY HAND KATAS				
PARENTS TRAIN FREE		MCKENZIE & CRANSTON CLASS - NOT INCLUDED IN LUCID MEMBERSHIP, BUT ORANGE+ BELTS ARE WELCOME TO COME SENPAI (HELP OUT)				
ETRANSFER TO: INFO@LUCIDMARTIALARTS.COM						

November 2025

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			1	2	3	4
5	6	7	8	9	10	11
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19	20	21	22	23	24	25
26	27	28	29	30	31	

S	M	T	W	T	F	S
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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
26	27 530-630 BEG/INT KARATE 630-730 SPARRING 730-830 ADV KARATE	28	29 HALLOWEEN PARTY 515-815PM	30 530-630 CRANSTON CLASS SENPAIS WELCOME ASK SENSEI ROY FOR DETAILS	31 NO CLASSES - Halloween	1
2	3 530-630 BEG/INT KARATE 630-730 SPARRING 730-830 ADV KARATE	4	5 515-600 BEG/ INT KARATE 600-630 NUNCHUKS 630-715 DEMO/WEAPONS 715-815 ADV KARATE	6 530-630 CRANSTON CLASS SENPAIS WELCOME ASK SENSEI ROY FOR DETAILS	7 630-730 ALL BELTS KARATE	8
9	10 530-630 BEG/INT KARATE 630-730 SPARRING 730-830 ADV KARATE	11	12 515-600 BEG/ INT KARATE 600-630 NUNCHUKS 630-715 DEMO/WEAPONS 715-815 ADV KARATE	13 530-630 CRANSTON CLASS SENPAIS WELCOME ASK SENSEI ROY FOR DETAILS	14 SUMMIT MARTIAL ARTS TOURNAMENT - CALGARY 630-730 ALL BELTS KARATE	15
16	17 530-630 BEG/INT KARATE 630-730 SPARRING 730-830 ADV KARATE	18	19 515-600 BEG/ INT KARATE 600-630 NUNCHUKS 630-830 ADV BELT TESTING	20 530-630 CRANSTON CLASS SENPAIS WELCOME ASK SENSEI ROY FOR DETAILS	21 NO CLASSES - Hall booked	22
23	24 530-630 BEG/INT KARATE 630-730 SPARRING 730-830 ADV KARATE	25	26 515-600 BEG/ INT KARATE 600-630 NUNCHUKS 630-715 DEMO/WEAPONS 715-815 ADV KARATE	27 530-630 CRANSTON CLASS SENPAIS WELCOME ASK SENSEI ROY FOR DETAILS	28 630-730 ALL BELTS KARATE	29
MEMBERSHIP INFO:		CLASS INFO:				
FALL MEMBERSHIP (SEPTEMBER - DECEMBER)		BEG/INT KARATE	AGES 5+	WHITE - GREEN BELTS: BEGINNER & INTERMEDIATE KARATE BASICS, KATAS, BOARD BREAKS, GAMES AND STRETCHING		
UNLIMITED CLASSES \$350.00 + GST (\$367.50)		SPARRING	AGES 7+	ALL BELTS - SPARRING AND LIGHT CONTACT DRILLS		
* ALLOWS ACCESS TO ALL CLASSES		ADV KARATE	AGES 7+	BLUE + BELTS, GREEN BELTS PERMITTED BY INVITE		
		NUNCHUKS	AGES 5+	SINGLE AND DOUBLE NUNCHAKU BASICS AND PERFORMANCE KATA		
		DEMO/WEAPONS	AGES 7+	ALL BELTS - SELF MOTIVATED CLASS WITH ONE ON ONE TRAINING TO DEVELOP WEAPONS OR EMPTY HAND KATAS		
		MCKENZIE & CRANSTON CLASS - NOT INCLUDED IN LUCID MEMBERSHIP, BUT ORANGE+ BELTS ARE WELCOME TO COME SENPAI (HELP OUT)				
PARENTS TRAIN FREE						
ETRANSFER TO: INFO@LUCIDMARTIALARTS.COM						

December 2025

[illegible]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
	530-730PM DEMO PREP		530-730PM DEMO PREP		630-730PM DEMO PREP	CHRISTMAS PARTY! 4-630PM
7	8	9	10	11	12	13
	530-630 OPEN DOJO		530-630 OPEN DOJO			
14	15	16	17	18	19	20
	530-630 OPEN DOJO		530-630 OPEN DOJO			
21	22	23	24	25	26	27
28	29	30	31	1	2	3

MEMBERSHIP INFO:		CLASS INFO:	
FALL MEMBERSHIP (SEPTEMBER - DECEMBER)		BEG/INT KARATE	AGES 5+ WHITE - GREEN BELTS: BEGINNER & INTERMEDIATE KARATE BASICS, KATAS, BOARD BREAKS, GAMES AND STRETCHING
UNLIMITED CLASSES	\$350.00 + GST (\$367.50)	SPARRING	AGES 7+ ALL BELTS - SPARRING AND LIGHT CONTACT DRILLS
* ALLOWS ACCESS TO ALL CLASSES		ADV KARATE	AGES 7+ BLUE + BELTS, GREEN BELTS PERMITTED BY INVITE
		NUNCHUKS	AGES 5+ SINGLE AND DOUBLE NUNCHAKU BASICS AND PERFORMANCE KATA
		DEMO/WEAPONS	AGES 7+ ALL BELTS - SELF MOTIVATED CLASS WITH ONE ON ONE TRAINING TO DEVELOP WEAPONS OR EMPTY HAND KATAS
		MCKENZIE & CRANSTON CLASS - NOT INCLUDED IN LUCID MEMBERSHIP, BUT ORANGE+ BELTS ARE WELCOME TO COME SENPAI (HELP OUT)	
PARENTS TRAIN FREE			
ETTRANSFER TO: INFO@LUCIDMARTIALARTS.COM			