

January 2025

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				

February '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	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
	No Classes					
5	6	7	8	9	10	11
	530-630 BEGINNERS 630-730 POINT SPARRING 730-830 BUNKAI/SELFDEF		530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO			900-1000 OPEN DOJO
12	13	14	15	16	17	18
	530-630 BEGINNERS 630-730 KICKBOXING 730-830 INT/ADV KARATE		530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO			900-1000 OPEN DOJO
19	20	21	22	23	24	25
	530-630 BEGINNERS 630-730 POINT SPARRING 730-830 INT/ADV KARATE		530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO			900-1000 OPEN DOJO
26	27	28	29	30	31	1
	530-630 BEGINNERS 630-730 KICKBOXING 730-830 INT/ADV KARATE		530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO			900-1000 OPEN DOJO

MEMBERSHIP INFO:	CLASS INFO:
Winter Membership (January - March) UNLIMITED CLASSES \$365.00 * ALLOWS ACCESS TO ALL CLASSES 1 CLASS PER WEEK \$300.00 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.

February 2025

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	

March '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
26	27 530-630 BEGINNERS 630-730 KICKBOXING 730-830 INT/ADV KARATE	28	29 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO	30	31	1 900-1000 OPEN DOJO
2	3 530-630 BEGINNERS 630-730 POINT SPARRING 730-830 BUNKAI/SELFDEF	4	5 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO	6	7	8 900-1000 OPEN DOJO
9	10 530-630 BEGINNERS 630-730 KICKBOXING 730-830 INT/ADV KARATE	11	12 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO	13	14	15 900-1000 OPEN DOJO
16	17 NO CLASSES - FAMILY DAY	18	19 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO	20	21	22 900-1000 OPEN DOJO
23	24 530-630 BEGINNERS 630-730 POINT SPARRING 730-830 INT/ADV KARATE	25	26 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO	27	28	1 900-1000 OPEN DOJO

MEMBERSHIP INFO:	CLASS INFO:
Winter Membership (January - March)	BEGINNER KARATE AGES 4+ WHITE - YELLOW BELTS: BEGINNER KARATE BASICS, KATAS, BOARD BREAKS, GAMES AND STRETCHING
UNLIMITED CLASSES \$365.00	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)
1 CLASS PER WEEK \$300.00	DEMONSTRATION AGES 7+ ORANGE + BELTS (YELLOW BY INVITE): ADV WEAPONS AND KATAS USED FOR DEMONSTRATIONS.
PARENTS TRAIN FREE	POINT SPARRING AGES 7+ ALL BELTS: VERY LIGHT CONTACT, QUICK, FIRST TO THE POINT FIGHTING. INCLUDES DRILLS AND SPARRING. GEAR REQUIRED.
ETRANSFER TO: INFO@LUCIDMARTIALARTS.COM	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.

March 2025

February '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	

April '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
23	24 530-630 BEGINNERS 630-730 POINT SPARRING 730-830 INT/ADV KARATE	25	26 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO	27	28	1 900-1000 OPEN DOJO
2	3 530-630 BEGINNERS 630-730 KICKBOXING 730-830 BUNKAI/SELFDEF	4	5 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO	6	7	8 900-1000 OPEN DOJO
9	10 530-630 BEGINNERS 630-730 POINT SPARRING 730-830 INT/ADV KARATE	11	12 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO	13	14	15 WPO TOURNAMENT EDMONTON
16 WPO TOURNAMENT EDMONTON	17 530-630 BEGINNERS 630-730 KICKBOXING 730-830 INT/ADV KARATE	18	19 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO	20	21	22 900-1000 OPEN DOJO
23	24 530-630 BEGINNERS 630-730 POINT SPARRING 730-830 INT/ADV KARATE	25	26 530-630 BEGINNERS 630-700 FIT&FLOW 700-830 INT/ADV + DEMO	27	28	29 900-1000 OPEN DOJO

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