

Lightning Fist Martial Arts Academy

Monday, Wednesday, Thursday

10:00am to 12:00pm **Private lessons only by appointment**

5:30pm to 5:50pm Intro class **Kung Fu (appointment only)**
6:00pm to 6:45pm Kids & Adult family class **Kung Fu** beginners
6:00pm to 7:10pm Teens & Adults intermediate & advanced **Kung Fu**
7:10 to 8:00pm Elite **Lifesaving Self Defense** class 13 years and up all levels
8:00 to 8:30pm Private **Hand to Hand combat** class (intermediate & advanced)

Tuesday, Thursday

5:30pm to 5:50pm Intro class **Sanda Kickboxing (appointment only)**
6:00pm to 6:45pm Kids & Adult family class **Sanda Kickboxing** beginners
6:00pm to 7:00pm Kids & Adults **Sanda Kickboxing** intermediate & advanced levels
7:10pm to 8:00pm Teens & Adult **Muay Thai Kickboxing** all levels
8:00pm to 8:30pm Teens & Adult **Muay Thai Kickboxing Sparring** advanced level

Friday

6:00pm to 6:45pm Kids **Kickboxing sparing** class all levels
6:00pm to 7:15pm Teens & Adults **Kickboxing sparing** class all level

Saturday

10:00am to 10:50am Kids, Family and Adult **Kung Fu** class all levels
11:00am to 11:50am Kids, Family and Adult **Kickboxing** class all levels
10:00 am to 11:00am **Boxing sparring** 14years and up intermediate, advanced levels
10:00am to 12:00pm Every last Saturday of the month stripe and dot test

❖ **Judo classes only private lessons by appointment**

- ❖ **B.J.J (Brazilian Jiu Jitsu) classes for kids, teens, and adults taking registration now!**
- ❖ **8 rounds 30minutes cardio & conditioning workout classes taking registration now!**

Located at: #110 4804 Edmonton Trail N.E. Calgary

Contact: SiGung George Kovacs 403-616-8627 or 587-216-7063

sifukovacs@hotmail.com

Websites:

www.lightningfist.ca

www.pfxstrength.com