

Lightning Fist Martial Arts Academy

Monday, Wednesday

6:00pm to 6:40pm Kids & Family **Kung Fu** class beginners
6:45pm to 7:25pm Teens & Adults **Kung Fu** class all levels
7:30 to 8:15pm Elite **Lifesaving Self Defense** class 13 years and up all levels

Tuesday, Thursday

6:00pm to 6:40pm Kids & Family **Kickboxing** class beginners
6:45pm to 7:25pm Teens & Adults **Kickboxing** class all levels
6:45pm to 8:00pm Teens & Adult **Kickboxing** class intermediate and advanced levels

Friday

Privet lessons only by appointment

Saturday

10:00am to 10:50am Kids, Family, Teens and Adult **Kung Fu** class all levels
11:00am to 11:50am Kids, Family, Teens and Adult **Kickboxing** class all levels

12:00pm to 12:40pm Kids, Teens and Adult sparring class intermediate and advanced levels

10:00am to 12:00pm Every last Saturday of the month stripe and dot test or TBA

Get Started Today With a Two Week Trial
FOR ONLY \$29!

- ❖ **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