

Lightning Fist Martial Arts Academy

September 2nd 2025

Monday, Wednesday Floor #1

10:30am to 11:30am women's only Kickboxing class all levels

6:00pm to 6:40pm Kids & Family **Kung Fu** class beginners & intermediate

6:45pm to 7:25pm Teens & Adults **Kung Fu** class all levels

7:35 to 8:15pm Elite **Lifesaving Self Defense** class 13 years and up all levels

7:35 to 9:00pm Hand to Hand Combat Class special conditions apply

Monday, Floor #2

7:35pm to 8:45pm Teens & Adults **BJJ /Brazilian Jiu-Jitsu** / 13 years and up

Tuesday, Thursday Floor #1

6:00pm to 6:40pm Kids & Family **Kickboxing** class beginners & intermediate

6:45pm to 7:30pm Teens & Adults **Kickboxing** class all levels

6:45pm to 8:15pm Teens & Adult **Kickboxing** class intermediate and advanced levels

Friday

Privet lessons only by appointment

Saturday Floor #1

10:00am to 10:40am Kids and Family **Kung Fu** class all levels

10:00am to 11:15am Teens and Adults **Kung Fu** class all levels

10:45am to 11:20am Kids and Family **Kickboxing** class

11:30am to 12:20pm Teens and Adults **Kickboxing** class all levels

12:30pm to 1:30pm Teens and Adults **Kickboxing** sparring class all levels

Saturday Floor #2

12:30pm to 1:30pm Teens & Adults 13 + years **Siam No1 Muay - Thai Kickboxing**

Every last or first Saturday of the month stripe and dot test start at 10:00am Kung Fu,
10:45am Kickboxing for Kids, 11:30pm Teens & Adults Kickboxing

**Get Started Today Two Week Trial
For Only \$49!
(Hand to Hand Combat not included)**

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

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

sifukovacs@hotmail.com

Websites:

www.lightningfist.ca

www.pfxstrength.com