

Lightning Fist Martial Arts Academy

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

Fridayjiujitsuyvc

Private 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+

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Websites:

www.lightningfist.ca

www.pfxstrength.com