

Lightning Fist Martial Arts Academy

September 1st, 2026

Monday, Wednesday Floor #1

10:30 am to 11:30 am **Women's only Kickboxing class all levels**
6:00 pm to 6:40 pm Kids & Family **Kung Fu** class beginners & intermediate
6:45 pm to 7:30 pm Teens & Adults **Kung Fu** class all levels
7:35 pm to 8:15 pm Elite **Lifesaving Self Defense** class 13 years and up all levels
7:35 pm to 9:00 pm **Hand to Hand Combat Class special conditions apply**

Monday, Thursday Floor #2

7:35 pm to 8:30 pm Teens & Adults **BJJ /Brazilian Jiu-Jitsu** / 14 years and up beginners & intermediate levels
7:35 pm to 9:00 pm Adults **BJJ intermediate & advanced levels**

Tuesday, Thursday Floor #1

6:00 pm to 6:40 pm Kids & Family **Kickboxing** class beginners & intermediate
6:45 pm to 7:30 pm Teens & Adults **Kickboxing** class all levels
6:45 pm to 8:15 pm Teens & Adult **Kickboxing** class intermediate and advanced levels

Friday

Private lessons only, by appointment.

Saturday Floor #1

10:00 am to 10:40 am Kids and Family **Kung Fu** class all levels
10:00 am to 11:15 am Teens and Adults **Kung Fu** class all levels
10:45 am to 11:20 am Kids and Family **Kickboxing** class all levels
11:30 am to 12:20 pm Teens and Adults **Kickboxing** class all levels
12:30 pm to 1:00 pm Teens and Adults **Kickboxing** sparring class all levels

Saturday Floor #2

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

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

Check out our specials on our website: www.lightningfist.ca

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

www.lightningfist.ca
www.pfxstrength.com