

FONSECA MARTIAL ARTS

MARTIAL ARTS CLASS SCHEDULE

SKOKIE DOJO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
12:00						9:00	
4:00			Weapons All Ages 4:00 - 5:00 (Sensei Elisa)			10:00	
			Little Dragons Ages 4-6 4:30 - 5:00 (Sensei Amanda)	Little Dragons Ages 4-6 4:30 - 5:00 (Sensei Elliott)	Jr. Competition team Invitation Only Ages 6 - 12 4:30 - 5:30 (Sensei Gabe)	11:00	Judo All Ranks Ages 6 & up 10:30 - 11:45 (Sensei Higgins)
5:00	Karate Sparring All Ranks All Ages (White - Black) 5:30 - 7:00 (Sensei Pedja & Sensei Amanda)	Karate All Ranks All Ages (White - Black) 5:30 - 6:50 (Sensei Gabe & Sensei Elliott) Judo All Ages Beginner/Intermediate 5:30 - 6:30 (Sensei Higgins)	Karate Forms Beginner/Novice All Ages (White-Orange) 5:15 - 6:05 (Sensei John)	Karate All Ranks All Ages (White - Black) 5:30 - 6:50 (Sensei Gabe & Sensei Elliott)	Sr. Competition team Invitation Only Ages 13 & up 5:30 - 6:30 (Sensei Elisa)	12:00	Karate All Ranks Ages 6 & up 12:30 - 1:30 (Sensei Gabe) Competition team Invitation Only 2:30 - 3:30 (Sensei Pedja) Instructor training Invitation Only 3:30 - 4:00 (Sensei Elisa & Sensei John)
6:00			Karate Forms Intermed/Advanced All Ages (Green-Black) 6:15 - 7:15 (Sensei Elisa & Sensei John)			2:00	
						3:00	
7:00		Karate Basics & Self-Defense All Ranks Ages 13 & up 7:00 - 8:00 (Sensei John & Sensei Gabe)	Judo Advanced 7:15 - 9:00 (Sensei Yoshinaga)	Karate Basics & Self-Defense All Ranks Ages 13 & up 7:00 - 8:00 (Sensei John & Sensei Gabe)	Judo Advanced 7:15 - 9:00 (Sensei Yoshinaga)		
8:00		Instructor training 8:00 - 9:00					

ALL CLASSES ARE SUBJECT TO CHANGE

4003 Golf Road --- Skokie IL 60076 --- 847.329.0291 --- www.FonsecaMartialArts.com

Dojo Kun

Strive for betterment of character / Protect the way of truth / Respect others / Foster the spirit of effort / Guard against impetuous courage

"The highest quality martial arts instruction in a positive, friendly, family atmosphere!"