FONSECA MARTIAL ARTS

MARTIAL ARTS CLASS SCHEDULE EVANSTON DOJO

	MONDAY		TUESDAY	WEDNESDAY		THURSDAY FRIDAY			SATURDAY	SUNDAY
4:00	Little Dragons I (Beg) Ages 4-6 4:00 - 4:30 (Sensei Amanda)		Little Dragons I (Beg) Ages 4-6 4:00 - 4:30 (Sensei Amanda)	Little Dragons I (Beg) Ages 4-6 4:00 - 4:30 (Sensei Amanda)		Little Dragons I (Beg) Ages 4-6 4:00 - 4:30 (Sensei Amanda)	Weapons All Ages 4:00 - 5:00	9:00		
	Little Dragons II (Cont)		Little Dragons II (Cont)	, ,		Little Dragons II (Cont)	(Sensei Elisa)			
	Ages 4-6		Ages 4-6	Ages 4-6		Ages 4-6		10:00	Aikido	Aikido
	4:30 - 5:00 (Sensei Amanda)		4:30 - 5:00	4:30 - 5:00		4:30 - 5:00			All Ranks	All Ranks
	(Sensei Amanda)		(Sensei Amanda)	(Sensei Amanda)		(Sensei Amanda)			Ages 13+ 10:00 - 11:00	Ages 13+ 10:00 - 11:00
5:00			Karate Basics	Karate Forms		Karate Basics	Competition team			
			All Ranks	Beginner/Novice		All Ranks	Invitation Only		(Sensei Art Benjamin)	(Sensei Art Benjamin)
			All Ages	All Ages		All Ages	All Ages	11:00		
			(White - Orange)	(White-Orange)		(White - Orange)	5:00- 6:00			
	Karate Sparring		5:15 - 6:00	5:15 - 6:05		5:15 - 6:00	(6 : 5!:)			
	All Ages (Yellow - Black)		(6 :11)	(Sensei John)		(6 :11)	(Sensei Elisa)			
6:00	5:30 - 6:30		(Sensei John) Karate	Karate Forms		(Sensei John) Karate				
0.00	3.30 - 0.30		All Ages	Intermed/Advanced		All Ages		12:00	Gracie Jiu-Jitsu	
	(Sensei John)		(Green - Black)	All Ages		(Green - Black)		12.00	All Ranks	
	(Senserjonn)		6:00 - 6:45	(Green-Black)		6:00 - 6:45			12:00 - 1:00	
				6:15 - 7:15						
			(Sensei John)			(Sensei John)			(Chris & Alex Pinto)	
				(Sensei Elisa &						
				Sensei John)				1:00	Karate	Kali
7:00	Judo All Ranks	Intro to Karate	Karate Basics		Gracie Jiu-Jitsu	Karate Basics	Judo All Ranks		All Ranks	All Levels
	7:00 - 8:30	First Day & Beginning Students	& Self-Defense All Ranks		All Ranks 7:00 - 8:00	& Self-Defense All Ranks	7:00 - 8:30		Ages 6 & up 1:00 - 2:00	Ages 15 & up 1:00 - 2:00
	7.00 - 0.30	7:00 - 7:45	Ages 13 & up		Wilmette dojo	Ages 13 & up	7.00 - 8.30		1.00 - 2.00	1.00 - 2.00
	(Sensei Yoshinaga)	7.00 7.43	7:00 - 8:00	Aikido	vviiiilette dojo	7:00 - 8:00	(Sensei Yoshinaga)		(Sensei John)	(Mike Eugenio)
	(======================================	(Sensei John)		All Ranks	(Chris & Alex		(Senser resiminaga)	2:30	Competition team	WingTsun
			(Sensei John)	Ages 13+	` Pinto)	(Sensei John)			Invitation Only	All Levels
				7:30 - 8:30					2:00 - 3:00	2:30 - 4:00
8:00			MMA	/C : A : B : : : :		MMA			(6 :11)	(6, 6,)
			All Levels Ages 15 & up	(Sensei Art Benjamin)		All Levels Ages 15 & up			(Sensei John)	(Steve Chan)
			7:15 - 8:15			7:15 - 8:15				
			(Michael White)			(Michael White)				
			, , , , , , ,			,				

ALL CLASSES ARE SUBJECT TO CHANGE

Effective 5/19/09

823 1/2 Chicago Ave --- Evanston IL 60202 --- 847.866.0200 --- 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!"