

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)	Karate Tots Ages 3-4 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 (Sensei Elisa)	Karate Tots Ages 3-4 4:00 - 4:30 (Sensei Amanda)		9:00		
	Little Dragons II (Cont) Ages 4-6 4:30 - 5:00 (Sensei Amanda)	Little Dragons II Ages 4-6 4:30 - 5:00 (Sensei Amanda)	Little Dragons II (Cont) Ages 4-6 4:30 - 5:00 (Sensei Amanda)		Little Dragons II Ages 4-6 4:30 - 5:00 (Sensei Amanda)		10:00	Aikido All Ranks Ages 13+ 10:00 - 11:00	Aikido All Ranks Ages 13+ 10:00 - 11:00
5:00		Karate Basics All Ranks All Ages (White - Black) 5:15 - 6:00 (Sensei John)	Karate Forms Beginner/Novice All Ages (White-Orange) 5:15 - 6:05 (Sensei John)		Karate Basics All Ranks All Ages (White - Black) 5:15 - 6:00 (Sensei John)	Competition team Invitation Only All Ages 5:00- 6:00 (Sensei Elisa)	11:00	Judo All Ranks All Ages 11:00 - 12:00 <i>Open Mat</i>	
	Karate Sparring All Ages (Yellow - Black) 5:30 - 6:30 (Sensei John)	Karate All Ages (Yellow - Black) 6:00 - 6:45 (Sensei John)	Karate Forms Intermed/Advanced All Ages (Green-Black) 6:15 - 7:15 (Sensei Elisa & Sensei John)		Karate All Ages (Yellow - Black) 6:00 - 6:45 (Sensei John)		12:00	Gracie Jiu-Jitsu All Ranks 12:00 - 1:00 (Chris & Alex Pinto)	
6:00				Gracie Jiu-Jitsu All Ranks 6:00 - 7:30 Wilmette dojo (Chris & Alex Pinto)			1:00	Karate All Ranks Ages 6 & up 1:00 - 2:00 (Sensei John)	All Levels Ages 15 & up 1:00 - 2:00
7:00	Judo All Ranks 7:00 - 8:30 (Sensei Yoshinaga)	Karate Basics & Self-Defense All Ranks Ages 13 & up 7:00 - 8:00 (Sensei John)	Aikido All Ranks Ages 13+ 7:30 - 8:30 (Sensei Art Benjamin)		Karate Basics & Self-Defense All Ranks Ages 13 & up 7:00 - 8:00 (Sensei John)	Judo All Ranks 7:00 - 8:30 (Sensei Yoshinaga)	2:30	Competition team Invitation Only 2:00 - 3:00 (Sensei John)	WingTsun All Levels 2:30 - 4:00 (Steve Chan)
8:00		Muay Thai All Levels Ages 15 & up 7:15 - 8:15 (Michael White)			Muay Thai All Levels Ages 15 & up 7:15 - 8:15 (Michael White)				

ALL CLASSES ARE SUBJECT TO CHANGE

Effective 1/3/09

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!"