

# FONSECA MARTIAL ARTS

## MARTIAL ARTS CLASS SCHEDULE

### WILMETTE DOJO SUMMER SCHEDULE (STARTS MAY 27TH)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
3:00						11:00	Parent-Tot Karate Little Dragons Ages 3-6 11:00 - 11:30 <i>(Sempai Jaffe)</i>
4:00			Weapons All Ages 4:00 - 5:00 <i>(Sensei Elisa)</i> Evanston Dojo			11:30	Gracie Jiu-Jitsu All Ranks 11:30 - 1:00  <i>(Chris &amp; Alex Pinto)</i>
5:00		Karate Ages 4-9 4:30 - 5:15 <i>(Sensei Brian &amp; Sensei Elisa)</i>		Karate Ages 4-9 4:30 - 5:15 <i>(Sensei Brian &amp; Sensei Elisa)</i>		1:00	Karate Ages 7+ All Ranks 1:00 - 2:00 <i>(Sensei Elisa)</i>
6:00		Karate Ages 10+ All Ranks 5:30 - 7:00  <i>(Sensei Elisa)</i>	Gracie Jiu-Jitsu All Ranks 6:00 - 7:45  <i>(Chris &amp; Alex Pinto)</i>	Karate Ages 10+ All Ranks 5:30 - 7:00  <i>(Sensei Elisa)</i>	Competition team Invitation Only All Ages 5:00- 6:30  <i>(Sensei Elisa)</i>  Evanston Dojo	2:00	Competition team Invitation Only All Ages 2:30 - 3:30 <i>(Sensei John)</i>  Evanston Dojo
		Kickboxing & Multi-Sport Conditioning All Levels Ages 14 & up 6:45-7:45  <i>(Sensei Pressman)</i>					
7:00							

ALL CLASSES ARE SUBJECT TO CHANGE

1211 Washington --- Wilmette, IL 60091 --- 847.866.0200 --- [www.FonsecaMartialArts.com](http://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!"