

# 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) 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 (Cont) Ages 4-6 4:30 - 5:00 (Sensei Amanda)	Little Dragons II (Cont) Ages 4-6 4:30 - 5:00 (Sensei Amanda)	(Sensei Elisa)	10:00	Aikido All Ranks Ages 13+ 10:00 - 11:00	Aikido All Ranks Ages 13+ 10:00 - 11:00
5:00	Karate Sparring Beginner/Novice All Ages (White - Orange) 5:15 - 6:00  (Sensei John )	Karate Basics All Ranks All Ages (White - Orange) 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 - Orange) 5:15 - 6:00  (Sensei John )	Competition team Invitation Only All Ages 5:00- 6:00  (Sensei Elisa)	11:00	(Sensei Art Benjamin)	(Sensei Art Benjamin)
	6:00	Karate Sparring Intermed/Advanced All Ages (Green - Black) 6:00 - 7:00  (Sensei John)	Karate All Ages (Green - Black) 6:00 - 6:50  (Sensei John)	Karate Forms Intermed/Advanced All Ages (Green-Black) 6:15 - 7:15  (Sensei Elisa & Sensei John)	Gracie Jiu-Jitsu All Ranks 6:00 - 7:00  (Adem Redzovic)	12:00	Karate All Ranks Ages 6 & up 12:00 - 1:00  (Sensei John)	
7:00	Intro to Karate First Day & Beginning Students 7:00 - 7:45  (Sensei John & Sensei Sahal)	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)	1:00	Instructor Training 1:00 - 1:30 (Sensei John)
						Competition team Invitation Only All Ages 1:30 - 2:30  (Sensei John)	(Mike Eugenio)	
8:00	Judo All Ranks 7:00 - 8:30  (Sensei Yoshinaga)	MMA All Levels Ages 15 & up 7:15 - 8:15 (Michael White)		MMA All Levels Ages 15 & up 7:15 - 8:15 (Michael White)		2:00		WingTsun All Levels 2:30 - 4:00
							(Steve Chan)	

ALL CLASSES ARE SUBJECT TO CHANGE

Effective 9/1/09

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