

FONSECA MARTIAL ARTS

MARTIAL ARTS CLASS SCHEDULE

WILMETTE DOJO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
4:00		Little Dragons 1 Ages 4-6 White & Yellow Stripes 4:00 - 4:30 (Sensei Elisa)	Weapons All Ages 4:00 - 5:00 Evanston Dojo (Sensei Elisa)	Little Dragons 1 Ages 4-6 White & Yellow Stripes 4:00 - 4:30 (Sensei Elisa)		12:00	Gracie Jiu-Jitsu All Ranks 12:00 - 1:00 Evanston Dojo (Chris & Alex Pinto)
4:30		Little Dragons 2 Ages 4-6 Orange, Blue, & Purple Stripes 4:30 - 5:00 (Sensei Elisa)		Little Dragons 2 Ages 4-6 Orange, Blue, & Purple Stripes 4:30 - 5:00 (Sensei Elisa)		1:00	
5:00		Karate Basics All Ranks All Ages (White - Black) 5:15 - 6:00 (Sensei Elisa)		Karate Basics All Ranks All Ages (White - Black) 5:15 - 6:00 (Sensei Elisa)		2:00	Karate Ages 7+ All Ranks 1:15 - 2:15 (Sensei Elisa)
6:00		Karate All Ages (Blue - Black) 6:00 - 6:45 (Sensei Elisa)		Karate All Ages (Blue - Black) 6:00 - 6:45 (Sensei Elisa)		3:00	
7:00			Gracie Jiu-Jitsu All Ranks 7:00 - 8:00 (Chris & Alex Pinto)				

ALL CLASSES ARE SUBJECT TO CHANGE (Effective 1/17/09)

1211 Washington --- Wilmette, IL 60091 --- 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!"