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)	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		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+	Ages 13+
5:00	Variate Charring		Karate Basics	Karate Forms	Karate Basics	Competition team		10:00 - 11:00	10:00 - 11:00
3:00	Karate Sparring Beginner/Novice		All Ranks	Beginner/Novice	All Ranks	Invitation Only		(Sensei Art Benjamin)	(Sensei Art Reniamin)
	All Ages		All Ages	All Ages	All Ages	All Ages	11:00	(Senservire Benjamin)	(Senservire Benjamin)
	(White - Orange)		(White - Orange)	(White-Orange)	(White - Orange)	5:00- 6:00	11.00		
	5:15 - 6:00		5:15 - 6:00	5:15 - 6:05	5:15 - 6:00				
						(Sensei Elisa)			
	(Sensei John)		(Sensei John)	(Sensei John)	(Sensei John)				
6:00	Karate Sparring		Karate	Karate Forms	Karate	Gracie Jiu-Jitsu			
	Intermed/Advanced		All Ages	Intermed/Advanced	All Ages	All Ranks	12:00	Karate	
	All Ages		(Green - Black)	All Ages	(Green - Black)	6:00 - 7:00		All Ranks	
	(Green - Black)		6:00 - 6:50	(Green-Black)	6:00 - 6:50	(4.1 5.1 1)		Ages 6 & up	
	6:00 - 7:00		(6 :11)	6:15 - 7:15	(6 :11	(Adem Redzovic)		12:00 - 1:00	
	(Sensei John)		(Sensei John)	(Sensei Elisa &	(Sensei John)			(Sensei John)	
	(Senser John)			Sensei John)			1:00	Instructor Training	Kali
7:00	ludo	Intro to Karate	Karate Basics	Schserjohn	Karate Basics	ludo	1.00	1:00 - 1:30	All Levels
7.00	All Ranks	First Day &	& Self-Defense		& Self-Defense	All Ranks		(Sensei John)	Ages 15 & up
	7:00 - 8:30	Beginning Students	All Ranks		All Ranks	7:00 - 8:30		(**************************************	1:00 - 2:00
		7:00 - 7:45	Ages 13 & up		Ages 13 & up			Competition team	
	(Sensei Yoshinaga)		7:00 - 8:00	Aikido	7:00 - 8:00	(Sensei		Invitation Only	(Mike Eugenio)
		(Sensei John)		All Ranks		Yoshinaga)	2:00	All Ages	WingTsun
			(Sensei John)	Ages 13+	(Sensei John)			1:30 - 2:30	All Levels
8:00			MMA	7:30 - 8:30	MMA			(Sensei John)	2:30 - 4:00
0.00			All Levels	(Sensei Art Benjamin)	All Levels			(Senser John)	(Steve Chan)
			Ages 15 & up	(Senser / are Dengamin)	Ages 15 & up				(Steve Chair)
			7:15 - 8:15		7:15 - 8:15				
			(Michael White)		(Michael White)				

ALL CLASSES ARE SUBJECT TO CHANGE

Effective 9/1/09

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!"