FONSECA MARTIAL ARTS

MARTIAL ARTS CLASS SCHEDULE WILMETTE DOJO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
3:00						11:00	Parent-Tot Karate
							Little Dragons
							Ages 3-6
							11:00 - 11:30
4.00		Park B		L'al D	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	44.00	(Sempai Jaffe)
4:00		Little Dragons		Little Dragons	Weapons	11:30	Gracie Jiu-Jitsu
		Ages 4-6		Ages 4-6	All Ages		All Ranks
		4:00 - 4:40		4:00 - 4:40	All Ranks		11:30 - 1:00
		(Sensei Brian)		(Sensei Brian)	4:00 - 5:00		(Chi's a Als B'ses)
					(Sensei Elisa)		(Chris & Alex Pinto)
		Karate Kids	4	Karate Kids	Evanston Dojo	1:00	Karate
5:00		Ages 7-9	Judo	Ages 7-9	Competition team	1:00	Ages 7+
3.00		4:45-5:30	All Ages	4:45-5:30	Invitation Only		All Ranks
		(Sensei Brian)	All Ranks	(Sensei Brian)	Ages 6 - 12		1:00 - 2:00
		(Selisei Dilali)	5:00-6:00	(Selisei Dilali)	5:00 - 6:00		(Sensei Elisa)
		Karate	(Sensei Higgins)	Karate	(Sensei Gabe)		(Schiser Elisa)
		Ages 10+	(Senser ringgins)	Ages 10+	Evanston Dojo		
6:00		All Ranks	Gracie Jiu-Jitsu	All Ranks	Competition team	2:00	
		5:30 - 7:00	All Ranks	5:30 - 7:00	Invitation Only		
			6:00 - 7:45		Ages 13 & up		Competition team
		(Sensei Elisa)		(Sensei Elisa)	6:00 - 7:00		Invitation Only
	Kickboxing &	,	(Chris & Alex Pinto)	,	(Sensei Elisa)		All Ages
	Multi-Sport		,		Evanston Dojo		2:30 - 3:30
7:00	Conditioning						(Sensei Pedja)
	All Levels						·
	Ages 14 & up						Evanston Dojo
	6:45-7:45						
	(Sensei Pressman)						

ALL CLASSES ARE SUBJECT TO CHANGE

1211 Washington --- Wilmette, IL 60091 --- 847.329.0291 --- www.FonsecaMartialArts.com

<u>Doio Kun</u>

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!"