

# FONSECA MARTIAL ARTS

## MARTIAL ARTS CLASS SCHEDULE

### WILMETTE DOJO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
4:00		Little Dragons Ages 4-6 4:00 - 4:40 (Sensei Elisa)	Weapons All Ages 4:00 - 5:00 Evanston Dojo  (Sensei Elisa)	Little Dragons Ages 4-6 4:00 - 4:40 (Sensei Elisa)		11:00	Parent-Tot Karate Little Dragons Ages 3-6 11:00 - 11:30 (Sempai Jaffe)
		Karate Ages 7-9 4:45 - 5:30 (Sensei Elisa)		Karate Ages 7-9 4:45 - 5:30 (Sensei Elisa)		12:00	Gracie Jiu-Jitsu All Ranks 12:00 - 1:00 Evanston Dojo (Chris & Alex Pinto)
5:00		Karate Ages 10+ All Ranks 5:30 - 6:30 (Sensei Elisa)		Karate Ages 10+ All Ranks 5:30 - 6:30 (Sensei Elisa)	Competition team Invitation Only All Ages 5:00- 6:00 Evanston Dojo  (Sensei Elisa)	1:00	Karate Ages 7+ All Ranks 1:00 - 2:00 (Sensei Elisa)
6:00		Kickboxing & Multi-Sport Conditioning All Levels Ages 14 & up 6:45-7:45  (Sensei Pressman)	Gracie Jiu-Jitsu All Ranks 6:00 - 7:30  (Chris & Alex Pinto)			2:30	Competition team Invitation Only All Ages 2:00 - 3:00 Evanston Dojo  (Sensei John)
7:00							

ALL CLASSES ARE SUBJECT TO CHANGE (Effective 1/3/09)

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!"