

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 (<i>Sempai Jaffe</i>)
4:00		Little Dragons Ages 4-6 4:00 - 4:40 (<i>Sensei Brian</i>)	Weapons All Ages 4:00 - 5:00 (<i>Sensei Elisa</i>) Evanston Dojo	Little Dragons Ages 4-6 4:00 - 4:40 (<i>Sensei Brian</i>)		11:30	Gracie Jiu-Jitsu All Ranks 11:30 - 1:00 (<i>Chris & Alex Pinto</i>)
5:00		Karate Kids Ages 7-9 4:45-5:30 (<i>Sensei Brian</i>)		Karate Kids Ages 7-9 4:45-5:30 (<i>Sensei Brian</i>)	Competition team Invitation Only All Ages 5:00- 6:30 (<i>Sensei Elisa</i>)	1:00	Karate Ages 7+ All Ranks 1:00 - 2:00 (<i>Sensei Elisa</i>)
6:00		Karate Ages 10+ All Ranks 5:30 - 7:00 (<i>Sensei Elisa</i>)		Karate Ages 10+ All Ranks 5:30 - 7:00 (<i>Sensei Elisa</i>)		2:00	Competition team Invitation Only All Ages 2:30 - 3:30 (<i>Sensei John</i>) Evanston Dojo
7:00		Kickboxing & Multi-Sport Conditioning All Levels Ages 14 & up 6:45-7:45 (<i>Sensei Pressman</i>)					

ALL CLASSES ARE SUBJECT TO CHANGE

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!"