

FONSECA MARTIAL ARTS
MARTIAL ARTS CLASS SCHEDULE
EVANSTON DOJO

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | SATURDAY | SUNDAY |
|------|---|--|--|--|---|-------|--|---|
| 4:00 | Little Dragons Ages 4-6 4:30 - 5:00 Upstairs (Sensei Amanda) | Little Dragons Ages 4-6 4:30 - 5:00 Upstairs (Sensei Amanda) | Little Dragons Ages 4-6 4:30 - 5:00 Upstairs (Sensei Amanda) | Little Dragons Ages 4-6 4:30 - 5:00 Upstairs (Sensei Amanda) | Weapons All Ages 4:00 - 5:00 Upstairs (Sensei Elisa) | 12:00 | Karate All Ranks Ages 6 & up 12:00 - 1:00 Upstairs (Sensei John) | |
| 5:00 | Kids Karate Sparring Beginner/Novice Ages 6-8 (White - Orange Belt) 5:15 - 6:00 Downstairs (Sensei Amanda) | Kids Karate Basics Beginner/Novice Ages 6-8 (White - Orange Belt) 5:15 - 6:00 Downstairs (Sensei Amanda) | Kids Karate Forms Beginner/Novice Ages 6-8 (White - Orange Belt) 5:15 - 6:05 Downstairs (Sensei Amanda) | Kids Karate Basics Beginner/Novice Ages 6-8 (White - Orange Belt) 5:15 - 6:00 Downstairs (Sensei Amanda) | Competition Team Invitation Only All Ages 5:00 - 6:00 Upstairs (Sensei Elisa) | 1:00 | Gracie Jiu-Jitsu All Ranks 1:00 - 2:00 Downstairs (Chris & Alex Pinto) | |
| | Karate Sparring Beginner/Novice Youth & Adult Ages 9 & Up (White - Orange Belt) 5:15 - 6:00 Upstairs (Sensei John) | Karate Basics Beginner/Novice Youth & Adult Ages 9 & Up (White - Orange Belt) 5:15 - 6:00 Upstairs (Sensei John) | Karate Forms Beginner/Novice Youth & Adult Ages 9 & Up (White - Orange Belt) 5:15 - 6:00 Upstairs (Sensei John) | Karate Basics Beginner/Novice Youth & Adult Ages 9 & Up (White - Orange Belt) 5:15 - 6:00 Upstairs (Sensei John) | | 1:00 | Karate Kata Advanced Youth & Adult Ages 9 & Up (Brown & Black Belts) 1:00 - 2:00 Upstairs (Senseis John & Elisa) | Kali All Levels Ages 15 & up 1:00 - 2:00 Upstairs (Mike Eugenio) |
| 6:00 | Karate Sparring Intermed/Advanced Youth & Adult Ages 9 & Up (Green - Black Belt) 6:00 - 7:00 Upstairs (Sensei John) | Karate Intermed/Advanced Youth & Adult Ages 9 & Up (Green - Black Belt) 6:00 - 7:00 Upstairs (Sensei John) | Karate Forms Intermed/Advanced Youth & Adult Ages 9 & Up (Green - Black Belt) 6:00 - 7:00 Upstairs (Sensei John) | Karate Intermed/Advanced Youth & Adult Ages 9 & Up (Green - Black Belt) 6:00 - 7:00 Upstairs (Sensei John) | | 2:00 | Competition Team Invitation Only All Ages 2:00 - 3:00 Upstairs (Sensei John) | Wingtsun All Levels 2:30 - 4:00 Upstairs (Steve Chan) <i>*Additional Class Wednesday 8-9 pm</i> |
| 7:00 | Karate Sparring Advanced Youth & Adult Ages 9 & Up (Brown & Black Belts) 7:00 - 7:30 Upstairs (Sensei John) | Adult Karate Basics & Self-Defense All Ranks Ages 13 & up 7:00 - 8:00 Upstairs (Sensei John) | Karate Kata Advanced Youth & Adult Ages 9 & Up (Brown & Black Belts) 7:00 - 7:30 Upstairs (Sensei John) | Adult Karate Basics & Self-Defense All Ranks Ages 13 & up 7:00 - 8:00 Upstairs (Sensei John) | | | | Aikido All Ranks Ages 13+ 4:30 - 5:30 Upstairs (Sensei Art Benjamin) |
| 8:00 | Judo All Ranks Youth & Adult 7:30 - 9:00 Upstairs (Sensei Yoshinaga) | Adult Karate Brown/Black belts 8:00 - 8:30 Downstairs (Sensei John) | Aikido All Ranks Ages 13+ 7:30 - 9:00 Upstairs (Sensei Art Benjamin) | Adult Karate Brown/Black belts 8:00 - 8:30 Downstairs (Sensei John) | Judo All Ranks Youth & Adult 7:30 - 9:00 Upstairs (Sensei Yoshinaga) | | | Aikido Weapons Class All Ranks Ages 13+ 5:30 - 6:30 Upstairs (Sensei Art Benjamin) |
| | | MMA All Levels Ages 15 & up 8:00 - 9:00 Upstairs (Michael White) | | MMA All Levels Ages 15 & up 8:00 - 9:00 Upstairs (Michael White) | | | | |

ALL CLASSES ARE SUBJECT TO CHANGE

Effective 9/4/10

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!"