



FONSECA MARTIAL ARTS

HIGHLAND PARK

SPRING 2024

MON

TUE

WED

THU

FRI

SAT

SUN

4:45 - 5:15 pm
Little Dragons (ages 4-6)

5:30 - 6:15 pm
Kids & Youth Jiu-Jitsu
Beginner (ages 7-15)

6:30 - 7:30 pm
Kids & Youth Jiu-Jitsu
Novice+ (ages 7-15)

7:30 - 8:30 pm
Adult Jiu-Jitsu
(ages 16+)

4:00 - 4:30 pm
Little Dragons (ages 4-6)

4:45 - 5:30 pm
Beginner/Novice
Karate (ages 7+)

5:45 - 6:45 pm
Junior Competition
Karate (ages 7+)

7:00 - 8:00 pm
Int/Adv (7+)
Adult All Ranks (13+)
Karate

4:00 - 4:30 pm
Little Dragons (ages 4-6)

4:30 - 5:30 pm
All Ranks Karate
(ages 7+)

5:30 - 6:15 pm
Kids & Youth Jiu-Jitsu
Beginner (ages 7-15)

6:30 - 7:30 pm
Kids & Youth Jiu-Jitsu
Novice+ (ages 7-15)

7:30 - 8:30 pm
Adult Jiu-Jitsu
(ages 16+)

4:00 - 4:30 pm
Little Dragons (ages 4-6)

4:45 - 5:30 pm
Beginner Karate
(ages 7+)

5:45 - 6:30 pm
Novice/Intermediate
Karate (ages 7+)

6:45 - 7:45 pm
Adv (7+) &
Adult All Ranks (13+)
Karate

1:00 - 1:30 pm
Karate Tots (age 3)

9:45 - 10:15 am
Little Dragons (ages 4-6)

10:30 - 11:15 am
Beginner/Novice
Karate (ages 7+)

11:30 am - 12:30 pm
Int/Adv (7+) &
Adult All Ranks (13+)
Karate

9:45 - 10:15 am
Little Dragons (ages 4-6)

10:30 - 11:30 am
All Ranks Karate
(ages 7+)