



FONSECA

MARTIAL ARTS

WILMETTE

SUMMER 2024

MON	TUE	WED	THU	FRI	SAT	SUN
					8:30 - 9:00 am Karate Tots (age 3)	
					9:15 - 9:45 am Little Dragons Karate (4-6)	9:00 - 10:00 am KickOut PD (Karate for Parkinson's)
					10:00 - 10:45 am Beginner/Novice Karate (ages 7+)	10:15 - 11:15 am Adult Karate (ages 13+)
					10:45 - 11:45 am Competition Karate Kumite (ages 7+)	
					11:45 am - 12:45 pm Intermediate & Advanced Karate (ages 7+)	11:30 am - 12:00 pm Little Dragons Karate (4-6)
4:00 - 4:30 pm Little Dragons Jiu-Jitsu (4-6)	4:00 - 4:30 pm Little Dragons Karate (4-6)	4:00 - 4:30 pm Little Dragons Jiu-Jitsu (4-6)	4:00 - 4:30 pm Little Dragons Karate (4-6)			
4:45 - 5:45 pm Beginner Youth Jiu-Jitsu (ages 7-15)	4:45 - 5:30 pm Beginner/Novice Karate (ages 7+)	4:45 - 5:45 pm Beginner Youth Jiu-Jitsu (ages 7-15)	4:45 - 5:30 pm Beginner/Novice Karate (ages 7+)			12:15 - 1:15 pm All Ranks Karate Self-Defense (ages 7+)
5:45 - 6:45 pm Novice Youth Jiu-Jitsu (ages 7-15)	5:45 - 6:45 pm Intermediate & Advanced Karate (ages 7+)	5:45 - 6:45 pm Novice Youth Jiu-Jitsu (ages 7-15)	5:45 - 6:45 pm Competition Karate Kata (ages 7+)			
7:00 - 8:00 pm Adult Jiu-Jitsu (ages 16+)	7:00 - 8:00 pm Adv (7+) & Adult All Ranks (13+) Karate	7:00 - 8:00 pm Adult Jiu-Jitsu (ages 16+)	5:45 - 6:45 pm Intermediate & Advanced Karate (ages 7+)			