



FONSECA MARTIAL ARTS

EVANSTON

WINTER 2025

MON	TUE	WED	THU	FRI	SAT	SUN
		10:00 - 11:00 am Adult Karate (ages 13+)				8:30 - 9:00 am Karate Tots (age 3)
					9:15 - 9:45 am Little Dragons (ages 4-6)	9:15 - 9:45 am Little Dragons (ages 4-6)
					10:00 - 10:45 am Beginner-Intermediate Karate (ages 7+)	10:00 - 10:45 am Beginner-Intermediate Karate (ages 7+)
	4:00 - 4:30 pm Little Dragons (ages 4-6)	4:00 - 4:30 pm Little Dragons (ages 4-6)	4:00 - 4:30 pm Karate Tots (age 3)		10:45 - 11:45 am Competition Karate Kumite (ages 7+)	11:00 am - 12:00 pm Adult Karate (ages 13+)
4:30 - 5:00 pm Little Dragons Jiu-Jitsu (4-6)				4:30 - 5:00 pm Little Dragons Jiu-Jitsu (4-6)		
5:00 - 6:00 pm Beginner Youth Jiu-Jitsu (ages 7-15)	4:45 - 5:45 pm Competition Karate Kata Beg/Nov (ages 7+)	4:45 - 5:30 pm Beginner Karate (ages 7+)	4:45 - 5:30 pm Beginner Karate (ages 7+)	5:00 - 6:00 pm Beginner Youth Jiu-Jitsu (ages 7-15)	12:00 - 1:00 pm Advanced Karate (ages 7+)	12:15 - 1:15 pm Adult Jiu-Jitsu (ages 16+)
6:00 - 6:45 pm Beginner/Novice Karate (ages 7+)	5:45 - 6:45 pm Competition Karate Kata Int/Adv (ages 7+)	5:45 - 6:30 pm Novice/Intermediate Karate (ages 7+)	5:45 - 6:30 pm Novice/Intermediate Karate (ages 7+)		1:00 - 2:00 pm Competition Karate Kumite Elite (ages 7+)	1:15 - 2:15 pm Youth Jiu-Jitsu (ages 7-15)
6:45 - 7:45 pm Intermediate & Advanced Karate (ages 7+)	6:45 - 7:45 pm Adult Karate (ages 13+)	6:45 - 7:45 pm Advanced Karate (ages 7+)	6:45 - 7:45 pm Adult Karate (ages 13+)			
	7:45 - 8:45 pm Competition Karate Kumite Elite (ages 7+)		7:45 - 8:45 pm Competition Karate Kumite Elite (ages 7+)			