



# FONSECA

MARTIAL ARTS

# PARK RIDGE

SPRING 2025

MON	TUE	WED	THU	FRI	SAT	SUN
					8:45 - 9:15 am Karate Tots (age 3)	
					9:30 - 10:00 am Little Dragons Karate I (4-6)	
					10:15 - 10:45 am Little Dragons Karate II (4-6)	
	12:00 - 1:00 pm KickOut PD (Karate for Parkinson's)		12:00 - 1:00 pm KickOut PD (Karate for Parkinson's)		10:45 - 11:30 am Beginner/Novice Karate (ages 7+)	
					11:30 am - 12:30 pm Int/Adv (7+) & Adult All Ranks (13+) Karate	
4:00 - 4:30 pm Little Dragons Karate (4-6)	4:00 - 4:30 pm Little Dragons Karate (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 - 5:30 pm Beginner/Novice Karate (ages 7+)	4:45 - 5:30 pm Beginner/Novice Karate (ages 7+)	4:45 - 5:30 pm Beginner/Novice Karate (ages 7+)	4:45 - 5:45 pm Beginner Youth Jiu-Jitsu (ages 7-15)	4:30 - 5:30 pm All Ranks Karate (ages 7+)		
5:30 - 6:15 pm Intermediate Karate (ages 7+)					12:45 - 1:45 pm Youth Jiu-Jitsu (ages 7-15)	
6:15 - 7:15 pm Adv (7+) & Adult All Ranks (13+) Karate	5:45 - 6:45 pm Intermediate & Advanced Karate (ages 7+)	5:45 - 6:45 pm Int (7+) & Adult All Ranks (13+) Karate	5:45 - 6:45 pm Novice Youth Jiu-Jitsu (ages 7-15)	5:30 - 7:00 pm Competition Karate (ages 7+)	1:45 - 2:45 pm Adult Jiu-Jitsu (ages 16+)	
	6:45 - 7:45 pm Adult Karate (ages 13+)	6:45 - 7:45 pm Advanced Karate (ages 7+)	7:00 - 8:00 pm Adult Jiu-Jitsu (ages 16+)			