



FONSECA MARTIAL ARTS

WILMETTE

SPRING 2025

MON

TUE

WED

THU

FRI

SAT

SUN

10:00 - 11:00 am
Adult Karate
(ages 13+)

4:00 - 4:30 pm
Little Dragons Jiu-Jitsu (4-6)

4:45 - 5:45 pm
Beginner Youth
Jiu-Jitsu (ages 7-15)

5:45 - 6:45 pm
Novice Youth
Jiu-Jitsu (ages 7-15)

7:00 - 8:00 pm
Adult Jiu-Jitsu
(ages 16+)

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

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

5:30 - 6:15 pm
Intermediate Karate
(ages 7+)

6:15 - 7:15 pm
Competition Karate
Kata Elite (ages 7+)

7:15 - 8:15 pm
Adv (7+) &
Adult All Ranks (13+)
Karate

4:00 - 4:30 pm
Little Dragons Jiu-Jitsu (4-6)

4:45 - 5:45 pm
Beginner Youth
Jiu-Jitsu (ages 7-15)

5:45 - 6:45 pm
Novice Youth
Jiu-Jitsu (ages 7-15)

6:45 - 7:45 pm
Competition Jiu-Jitsu
(ages 7+)

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

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

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

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

8:30 - 9:00 am
Karate Tots (age 3)

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

10:00 - 10:45 am
Beginner/Novice
Karate (ages 7+)

10:45 - 11:45 am
Competition Karate
Kumite (ages 7+)

11:45 am - 12:45 pm
Int/Adv (7+) &
Adult All Ranks (13+)
Karate

9:00 - 10:00 am
KickOut PD
(Karate for Parkinson's)

10:15 - 11:15 am
Adult Karate
(ages 13+)

11:30 am - 12:00 pm
Little Dragons Karate (4-6)