



# FONSECA MARTIAL ARTS

# GLENVIEW

WINTER 2026

MON

TUE

WED

THU

FRI

SAT

SUN

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 Karate  
Tots & Little Dragons (3-6)

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

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

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

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

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

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

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

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

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

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

5:45 - 6:45 pm  
Int/Adv Competition  
Kumite (ages 7+)

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

6:45 - 8:00 pm  
Competition Karate  
Kata Elite (ages 7+)

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

6:45 - 8:00 pm  
Adv (7+) &  
Adult All Ranks (13+)  
Karate

6:45 - 8:00 pm  
Adv (7+) &  
Adult All Ranks (13+)  
Karate

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

12:00 - 1:00 pm  
Adult Jiu-Jitsu  
(ages 16+)

7:30 - 8:30 am  
KickOut PD  
(Karate for Parkinson's)

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

9:00 - 9:30 am  
Little Dragons (ages 4-6)

9:30 - 10:30 am  
Beginner Karate  
(ages 7+)

9:00 - 9:30 am  
Little Dragons (ages 4-6)

9:30 - 10:30 am  
Beginner Karate  
(ages 7+)

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

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

11:30 am - 12:45 pm  
Adv (7+) &  
Adult All Ranks (13+)  
Karate

11:30 am - 12:45 pm  
Adv (7+) &  
Adult All Ranks (13+)  
Karate