



FONSECA MARTIAL ARTS

PARK RIDGE

FALL 2024

MON

TUE

WED

THU

FRI

SAT

SUN

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

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

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

6:15 - 7:15 pm
Adv (7+) &
Adult All Ranks (13+)
Karate

12:00 - 1:00 pm
KickOut PD
(Karate for Parkinson's)

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
Intermediate &
Advanced Karate
(ages 7+)

6:45 - 7:45 pm
Adult Karate
(ages 13+)

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
Int (7+) &
Adult All Ranks (13+)
Karate

6:45 - 7:45 pm
Advanced Karate
(ages 7+)

12:00 - 1:00 pm
KickOut PD
(Karate for Parkinson's)

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)

4:30 - 5:30 pm
All Ranks Karate
(ages 7+)

5:30 - 7:00 pm
Competition Karate
(ages 7+)

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)

10:45 - 11:30 am
Beginner/Novice
Karate (ages 7+)

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

12:45 - 1:45 pm
Youth Jiu-Jitsu
(ages 7-15)

1:45 - 2:45 pm
Adult Jiu-Jitsu
(ages 16+)

SUN