



FONSECA MARTIAL ARTS

EVANSTON

FALL 2024

MON

TUE

WED

THU

FRI

SAT

SUN

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



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

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

5:45 - 6:30 pm
Novice/Intermediate
Karate (ages 7+)

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

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

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

5:45 - 6:30 pm
Novice/Intermediate
Karate (ages 7+)

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

7:45 - 8:45 pm
Competition Karate
Kumite Elite (ages 7+)

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

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

11:00 - 11:45 am
Novice/Intermediate
Karate (ages 7+)

12:00 - 1:00 pm
Advanced Karate
(ages 7+)

1:15 - 2:15 pm
Competition Karate
Kumite (ages 7+)

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

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

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

11:00 am - 12:00 pm
Adult Karate
(ages 13+)

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

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

5:45 - 6:30 pm
Novice/Intermediate
Karate (ages 7+)

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

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

4:45 - 5:45 pm
Competition Karate
Kata Beg/Nov (ages 7+)

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

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

7:45 - 8:45 pm
Competition Karate
Kumite Elite (ages 7+)

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

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