



FONSECA MARTIAL ARTS

GLENVIEW

FALL 2024

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 (age 3)

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

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

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

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

9:45 - 10:30 am
Beginner/Novice
Karate (ages 7+)

10:45 - 11:45 am
Intermediate &
Advanced Karate
(ages 7+)

12:00 - 1:00 pm
Advanced Adult
Karate (ages 13+)

1:00 - 2:00 pm
KickOut PD
(Karate for Parkinson's)

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

9:45 - 10:30 am
Beginner Karate
(ages 7+)

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

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

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

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



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

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

5:00 - 5:45 pm
Beginner/Novice
Karate (ages 7+)

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

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

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

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

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

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

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

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

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

7:15 - 8:15 pm
Competition Karate
Kata Elite (ages 7+)

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

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

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