



# FONSECA MARTIAL ARTS

# EVANSTON

FALL 2024

## MON

## TUE

## WED

## THU

## FRI

## SAT

## SUN

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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