

# Ashland Karate Academy

541-488-2322

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Kickboxing</b>		<b>Bosu</b>		<b>Intervals</b>	<b>Tobata</b>	
<b>w/Roxanne</b>		<b>w/Roxanne</b>		<b>w/Roxanne</b>	<b>w/Roxanne</b>	
<b>8:30-10:00</b>		<b>8:30-10:00</b>		<b>8:30-10:00</b>	<b>8:45-9:30</b>	
					<b>Gentle Yoga</b>	
					<b>10:00-11:30</b>	
					<b>All Belts</b>	
	<b>Adult Karate</b>		<b>Adult Karate</b>		<b>12:00-2:00</b>	
	<b>12:30-1:30</b>		<b>12:30-1:30</b>			
<b>Dragons 1 3:30-4</b>				<b>Dragons 1 3:30-4</b>		
<b>Dragons 2</b>	<b>Kids Beginners</b>		<b>Kids Beginners</b>	<b>Dragons 2</b>		
<b>4:00-4:40</b>	<b>4:00-4:45</b>	<b>Black Belt</b>	<b>4:00-4:45</b>	<b>4:00-4:40</b>		
<b>Black Belt</b>	<b>Kids Int/Adv</b>	<b>4:30-5:30</b>	<b>Kids Int/Adv</b>	<b>Escrima</b>		
<b>5:00-6:00</b>	<b>5:00-6:00</b>	<b>BBC</b>	<b>5:00-6:00</b>	<b>Yellow &amp; Green</b>		
	<b>Weapons Int/Adv</b>	<b>5:30-6:30</b>	<b>Stretch/Kick Adv</b>	<b>5:00-6:30</b>		
<b>Adult Karate</b>	<b>6:00-7:00</b>	<b>Adult Karate</b>	<b>6:00-7:00</b>	<b>Intro to Escrima</b>		
<b>6:30-7:30</b>	<b>Adult Sparring</b>	<b>6:30-7:30</b>	<b>Gentle Yoga</b>	<b>6:30-8:00</b>		
	<b>7:00-8:00</b>		<b>7:00-8:30</b>			

Adult Program \*Ages 13 and older \*

Schedule starts August 21st 2017