

Ashland Karate Academy

541-488-2322

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kickboxing		Bosu		Intervals	Tobata	
w/Roxanne		w/Roxanne		w/Roxanne	w/Roxanne	
8:30-10:00		8:30-10:00		8:30-10:00	8:45-9:30	
					Gentle Yoga	
					10:00-11:30	
	EHAMA Escrima					
	11:30-12:30				All Belts	
	Adult Karate		Adult Karate		12:00-2:00	
	12:30-1:30		12:30-1:30			
Little Dragons 1				Little Dragons 1		
3:30-4:00				3:30-4:00		
Little Dragons 2	Kids Beginners	Black Belt Club	Kids Beginners	Little Dragons 2		
4:15-5:00	4:00-4:45	4:00-5:30	4:00-4:45	4:15-5:00		Adapted Karate
	Kids Int/Adv		Kids Int/Adv			4:30-5:30
Tai Chi	5:00-6:00	White Belt Only	5:00-6:00	EHAMA Escrima		
5:15-6:15	Weapons Int/Adv	5:45-6:30	Stretch/Kick Adv	Green & Red		
Adult Karate	6:00-7:00	Adult Karate	6:00-7:00	5:15-7:00		
6:30-7:30		6:30-7:30	Gentle Yoga	White & Yellow		
			7:00-8:30	7:00-8:00		

Adult Program *Ages 13 and older *

Schedule starts January 2nd 2018