

# 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				Gentle Yoga	
	10:00-11:30				10:00-11:30	
	Escrima All Belts					
	11:30-12:30				All Belts	
	Adults		Adults		12:00-1:00	
	12:30-1:30		12:30-1:30		Open Floor Int/Adv	
					1:00-2:00	
				Adaptive Karate		
Little Dragons2	Little Dragons1	Little Dragons2	Little Dragons1	2:30-3:30		
3:15-4:00	3:15-3:45	3:15-4:00	3:15-3:45			
Kids Beginner	Kids Intermediate		Kids Intermediate	Kids Beginner	Escrima Workshop	
4:15-5:15	4:00-5:00		4:00-5:00	4:15-5:15	4:00-7:00	
	Kids Advanced	Black Belt Club	Kids Advanced			
Tai Chi	5:00-6:00	5:00-6:30	5:00-6:00	Escrima All Belts		
5:30-6:30	Weapons Int/Adv		Stretch/Kick Adv.	5:30-8:00		
Adults	6:00-7:00	Adults	6:00-7:00			
6:30-7:30		6:30-7:30	Comp.Kata 7-7:30			
			Adv. Escrima			
			7:30-8:30			

Adult Program \*Ages 13 and older \*

Summer Schedule-Starts June 11th