

		Ashland Karate Academy			541-488-2322	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kickboxing w/Roxanne 8:30-10:00		Bosu w/Roxanne 8:30-10:00		Intervals w/Roxanne 8:30-10:00	Tobata w/Roxanne 8:45-9:30	
	Gentle Yoga 10:00-11:30				Gentle Yoga 10:00-11:30	
	Escrima All Belts 11:30-12:30					
	Adults 12:30-1:30		Adults 12:30-1:30		All Belts 12:00-1:00	
					Open Floor Int/Adv 1:00-2:00	
Little Dragons2 3:15-4:00	Little Dragons1 3:15-3:45	Little Dragons2 3:15-4:00	Little Dragons1 3:15-3:45			
Kids Beginner 4:15-5:15	Kids Intermediate 4:00-5:00		Kids Intermediate 4:00-5:00	Kids Beginner 4:15-5:15	Escrima Workshop 4:00-7:00	
	Kids Advanced 5:00-6:00	Black Belt Club 5:00-6:30	Kids Advanced 5:00-6:00			
Tai Chi 5:30-6:30	Weapons Int/Adv 6:00-7:00		Stretch/Kick Adv. 6:00-7:00	Adaptive Karate 5:30-6:30		
Adults 6:30-7:30		Adults 6:30-7:30	Comp. Kata 7-7:30 Adv. Escrima 7:30-8:30	Escrima All Belts 5:30-8:00		

Adult Program *Ages 13 and older *

Summer Schedule-Starts June 11th