

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	
					All Belts	
					10:00-11:00	
					Open Floor Int/Adv	
					11:00-12:00	
	Adults		Adults			
	12:30-1:30		12:30-1:30			
Little Dragons2	Little Dragons1	Little Dragons2	Little Dragons1			
3:30-4:15	3:15-3:45	3:30-4:15	3:15-3:45			
	Kids Intermediate		Kids Intermediate			
Kids Beginner	4:00-5:00	Kids Beginner	4:00-5:00			
4:30-5:30	Kids Advanced	4:30-5:30	Kids Advanced			
Tai Chi	5:00-6:00	Black Belts	5:00-6:00	Adaptive Karate		
5:30-6:30	Adv. Mechanics	5:30-6:30	Weapons	5:30-6:30		
Adults	6:00-7:00	Adults	6:00-7:00	Escrima All Belts		
6:30-7:30		6:30-7:30		6:30-7:30		
				Escrima Advanced		
				7:30-8:30		

Adult Program *Ages 13 and older *

Fall Schedule-Starts October 1st