



# Golden Eagle Martial Arts

210-236-7801 [www.enrollkarate.com](http://www.enrollkarate.com)

12002 Bandera, Ste 104  
Helotes, Tx 78023

**New Schedule Beginning January 6, 2025**

## After-School Program

	Monday	Tuesday	Wednesday	Thursday	Friday
3:10pm	After-School Pickup	After-School Pickup	After-School Pickup	After-School Pickup	After-School Pickup
3:50pm	Beginner Curriculum	Beginner Curriculum	Beginner Curriculum	Beginner Curriculum	Friday Fun Day Activities
4:30pm - 5:15pm	Intermediate Curriculum	Intermediate Sparring	Intermediate Curriculum	Intermediate Weapons	Friday Fun Day Activities
5:30pm – 6:00pm	Parent Pickup	Parent Pickup	Parent Pickup	Parent Pickup	Parent Pickup

## Martial Arts Class Schedule

Times	Monday	Thursday	Friday	Times	Tuesday	Wednesday	Saturday	
5:30pm - 6:00pm	Intermed Curriculum	Intermed Curriculum	Open Floor Practice	5:30pm - 6:15pm	Beginner Curriculum	Beginner Curriculum	10:00am - 10:45am	All Ranks Curriculum
6:00pm – 6:30pm	Intermed Weapons	Intermed Weapons	Open Floor Practice	6:15pm – 6:45pm	Intermed Curriculum	Intermed Curriculum	10:45am - 11:30am	Sparring All Ranks
6:30pm – 7:15pm	Beginner Curriculum	Beginner Curriculum		6:45pm – 7:30pm	All Sparring	All Sparring	11:30am - 12:30pm	Blackbelt Class
7:15pm – 7:45pm	Advanced Curriculum	Advanced Curriculum		7:30pm – 8:00pm	Advanced Curriculum	Advanced Curriculum	12:30pm – 02:00pm	Malaysian Silat
7:45pm – 8:15pm	Advanced Weapons	Advanced Weapons		8:00pm – 9:00pm	Adult Self Defense	Adult Self Defense		