



Golden Eagle Martial Arts

210-236-7801 www.enrollkarate.com

12002 Bandera, Ste 104
Helotes, Tx 78023

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 |
| 3:40pm | Intermediate Curriculum | Intermediate Sparring | Intermediate Curriculum | Intermediate Sparring | Parent Pickup |
| 4:20pm - 5:00pm | Beginner Curriculum | Beginner Curriculum | Beginner Curriculum | Beginner Curriculum | Beginner Curriculum |
| 5:30pm – 6:00pm | Parent Pickup | Parent Pickup | Parent Pickup | Parent Pickup | Parent Pickup |

Martial Arts Class Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|-----------------|-----------------------|--------------------|--------------------|-----------------------|-----------------------------|-------------------|----------------------|
| 5:30pm - 6:15pm | Basic Curriculum | Intermediate | Basic Curriculum | Intermediate | No Class | 10:00am - 10:45am | All Ranks Curriculum |
| 6:15pm – 7:00pm | Intermediate | All Ranks Sparring | Intermediate | Weapons /Self Defense | 6pm Adult & Black Belt Only | 10:45am - 11:30am | Sparring All Ranks |
| 7:00pm – 7:45pm | Weapons /Self Defense | Advanced belt | All Ranks Sparring | Advanced belt | No Class | 11:30am - 12:30pm | Blackbelt Class |
| 7:45pm – 8:30pm | Advanced Belt | Basic Curriculum | Advanced Belt | Basic Curriculum | No Class | 12:30pm – 01:30pm | TBD |