



Valid From:  
January 2nd-  
February 29th

# BALANCED

## MARTIAL ARTS & FITNESS



375 White Plains Road,  
Eastchester, NY 10709  
914-663-8342

[www.balancedmartialarts.com](http://www.balancedmartialarts.com)

### Children's Classes

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FBB (3-4)	1:30pm R	10:30am R	1:30pm R	10:30am R	1:30pm R	11:30am R	
4-6 Year Olds 30 Minutes	3:45pm R	3:30pm R 6:00pm R	4:15pm R 6:00pm R	3:45pm R 6:00pm R	3:30pm R 4:15pm R	10:00am R 11:30am R	10:00am R
W-G (7-12) 40 Minutes	3:30pm B 5:15pm R 6:00pm R	4:15pm R 5:15pm R	3:30pm R 5:00pm R	3:30pm B 5:15pm R	3:30pm B 5:15pm B	10:00am B 10:45am R	10:45am R
B-BI (7-12) 40 Minutes	4:30pm B 6:00pm B	4:15pm B 5:15pm B	3:30pm B 5:00pm B	4:15pm B 6:00pm B	4:15pm B 5:45pm R	10:45am B 12:00pm R	11:45am R
10-13 40 Minutes			5:45 B		5:00 R		

### Advanced Training Classes

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spar	5:15pm B			5:15pm B		12:50am B	
LT	4:10 B 6:40 B 7:55 B	4:55 B 6:40 R	4:15 B 6:40 B	4:55 B 6:40 B	4:55 B 6:30 R	11:30 B 12:40 R	11:15 R
Black Belt All Ages			8:00 R			1:30 R	

### Adult Classes

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio	8:00pm B	6:00pm B	9:15am B 8:00pm B		9:15am B 6:00pm B	12:00pm B	9:00am B
Teen	7:00pm B/R	7:00pm B	7:00pm B	7:00pm B	7:00pm B	1:30pm B	
Adult	7:00pm B/R	9:15am B 8:00pm B	7:00pm B	9:15am B 8:00pm B	7:00pm B	9:00am B 1:30pm B	
Spar			7:00pm R				
Beginner	7:00 R			7:00 R			

### Special Events & Legend

**January Events**  
16th Limited Schedule  
27th Board Breaking  
29th Promotions

**February Events**  
21st-24th Limited Schedule  
26th Closed Black Belt Promo  
27th Board Breaking

**Room Assignments**  
B=Blue Room  
R=Red Room