

Valid From:
April 30th-
June 24th



375 White Plains Road,
Eastchester, NY 10709
914-663-8342
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 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	12:00pm R
10-13 40 Minutes			5:45pm B		5:00 pm R		

Advanced Training Classes

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spar	5:15pm B			5:15pm B		12:50pm B	
LT	4:10pm B 6:40pm B 7:55pm B	4:55pm B 6:40pm R	4:15pm B 6:40pm B	4:55pm B 6:40pm B	4:55pm B 6:30pm R	11:30am B 12:45pm R	11:30pm R
Black Belt All Ages	5:15pm R		8:00pm R			1:30pm R	

Adult Classes

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio	8:00pm B	7:00pm R	9:15am B 8:00pm B		9:15am B 7:00pm B	12:00pm B	9:00am B
Teen	7:00pm B/R	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		9:00am B 1:30pm B	
Spar			7:00pm R				
A/T W-G	7:00pm R			7:00pm R			

Special Events & Legend

May Events
17th Board Breaking
18th-19th No Classes
20th Promotions
28th Limited Schedule

June Events
20th Board Breaking
23rd Promotions
24th Last Day of School Year Schedule

Room Assignments
B=Blue Room
R=Red Room