

Valid From:
 March 4 -
 April 28, 2019

914-663-8342

BALANCED

MARTIAL ARTS
& FITNESS



375 White Plains Road, Eastchester NY

March Events

23rd Board Breaking

April Events

13th Children Group Promotion
 16th Adult/Teen Group Promotion
 19th-21st Holiday Closing
 28th Board Breaking

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Blue Room	Red Room	Blue Room	Red Room	Blue Room	Red Room	Blue Room	Red Room	Blue Room	Red Room	Blue Room	Red Room	Blue Room	Red Room
		9:15 A				9:15 A		9:15 A		9:00 A	9:00 Family	9:00 A	9:00 Family
	1:30 FBB	10:15 LT	10:45 FBB		1:30 FBB	10:15 LT	10:45 FBB	10:15 A Spar	1:30 FBB	10:00 O-B	10:05 Beginner	10:00 P-BL	10:05 Beginner
3:35 P-BL	3:40 Beginner	3:35 O-B	3:35 P-BL	3:35 O-B	3:40 Beginner	3:35 O-B	3:35 P-BL	3:35 O-B	3:40 Beginner	10:45 LT	10:50 FBB/4-6Yr Beginner	10:50 LT	10:50 FBB/4-6Yr Beginner
4:20 LT		4:20 LT	4:20 Spar	4:20 LT		4:20 LT		4:20 LT	4:20 Spar	11:30 P-BL	11:35 Beginner	11:30 10-13	11:30 O-B
4:50 O-B	4:55 Beginner	4:50 O-B	4:55 Beginner	4:50 P-BL	4:55 Beginner	4:50 P-BL	4:55 Beginner	4:50 P-BL	4:50 O-B	12:20 P-BL	12:20 O-B		
5:35 LT	5:35 Spar	5:35 LT		5:35 Spar		5:35 LT		5:35 LT		1:00 Spar	1:00 LT		
6:05 P-BL	6:05 O-B	6:05 10-13	6:05 Beginner/FBB	6:05 P-BL	6:05 O-B	6:05 O-B	6:05 Beginner	6:05 10-13	6:05 Beginner/FBB	1:30 A/T			
6:50 LT		6:50 A/T	6:50 10-13 & T Spar	6:50 LT		6:50 A/T		6:50 A/T		<u>Class Symbols</u> FBB = 3-4 Years Old 10-13 = 10 to 13 years age only, all belts Spar = Sparring LT = Leadership Team A = Adults T = Teen Beginner = White & Yellow Belts, 4 - 12 Yrs. O - B = Orange to Blue Belts, 4 - 12 Yrs. P - BL = Purple to Black Belts, 4 - 12 Yrs. Family = Children of Adult Students Attending Class			
7:20 A/T		7:45 LT		7:20 A/T	7:20 A/T Spar	7:45 LT							
		8:15 A				8:15 A							

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Children's Classes

375 White Plains Road,
Eastchester, NY 10709
914-663-8342
www.balancedmartialarts.com

*This class is appropriate for
Beginner students from 4 to 6 Yrs

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FBB (3-4) 30 Minutes	1:30pm R	10:45am R 6:05pm R	1:30pm R	10:45am R	1:30pm R 6:05pm R	*10:50am R	*10:50am R
Beginner 40 Minutes	3:40pm R 4:55pm R	4:55pm R 6:05pm R	3:40pm R 4:55pm R	4:55pm R 6:05pm R	3:40pm R 6:05pm R	10:05am R 11:35am R	10:05am R
O-B 40 Minutes	4:50pm B 6:05pm R	3:35pm B 4:50pm B	3:35pm B 6:05pm R	3:35pm B 6:05pm B	3:35pm B 4:50pm R	10:00am B 12:20pm R	11:30am R
P-BL 40 Minutes	3:35pm B 6:05pm B	3:35pm R	4:50pm B 6:05pm B	3:35pm R 4:50pm B	4:50pm B	11:30am B 12:20pm B	10:00am B
10-13 40 Minutes		6:05pm B			6:05 pm B		11:30am B

Teen/Adult Classes

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Teen 55 Minutes	7:20pm B/R	6:50pm B	7:20pm B	6:50pm B/R	6:50pm B	1:30pm B	
Adult 55 Minutes	7:20pm B	9:15am B 6:50pm B 8:15pm B	7:20pm B	9:15am B 6:50pm B 8:15pm B	9:15am B 6:50pm B	9:00am B 1:30pm B	9:00am B

Advanced & Family Training

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kids Spar 30M	5:35pm R	4:20pm R	5:35pm B		4:20pm R	1:00pm B	
10-13Y Spar 55M in		6:50pm R					
A/T Spar 55 Min		6:50 pm R (T)	7:20pm R (A/T)		10:15am B (A 30 Min)		
LT - 30 Min	4:20pm B 5:35pm B 6:50pm B	10:15am B 4:20pm B 5:35pm B 7:45pm B	4:20pm B 6:50pm B	10:15am B 4:20pm B 5:35pm B 7:45pm B	4:20pm B 5:35pm B	10:45am B 1:00pm R	10:50am B
Family- All ages children 40 Mfn						9:00am R	9:00am R

Special Events & Legend

March Events
23rd Board Breaking

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13th Children Group Promotion
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Room Assignments

B=Blue Room
R=Red Room