

Valid From:
April 29th -
June 23rd, 2019

914-663-8342

BALANCED

MARTIAL ARTS
& FITNESS



375 White Plains Road, Eastchester NY

May Events

11th Black Belt Testing
19th Black Belt Ceremony
20th Board Breaking
27th Closed - Memorial Day

June Events

2nd Children Group Promotion
4th Adult/Teen Group Promotion

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 A Spar	10:45 FBB		1:30 FBB	10:15 LT	10:45 FBB	10:15 LT	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 LT		6:50 A/T		6:50 10-13 & T Spar		<p>Class Symbols FBB = 3-4 Years Old 10-13 = 10 to 13 years age only, all belts Spar = Sparring LT = Leadership Team A = Adults T = Teen</p> <p>Beginner = White & Yellow Belts, 4 - 12 Yrs. O - B = Orange to Blue Belts, 4 - 12 Yrs. P - BI = Purple to Black Belts, 4 - 12 Yrs. Family = Children of Adult Students Attending Class</p>			
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		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	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 B		
A/T Spar 55 Min		10:15am B (A 30min)	7:20pm R (A/T)		6:50 pm B (T)		
LT - 30 Min	4:20pm B 5:35pm B 6:50pm 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	10:15am B 4:20pm B 5:35pm B	10:45am B 1:00pm R	10:50am B
Family- All ages children 40 Min						9:00am R	9:00am R

Special Events & Legend

May Events

11th Black Belt Testing
19th Black Belt Ceremony
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June Events

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Room Assignments

B=Blue Room
R=Red Room