

Summer Schedule
Valid from
6/24 - 9/1, 2019



July Events

June 25th Board Breaking
4th & 5th Closed
20th Children's Promotions
23rd Teen / Adult Promotions
24th Board Breaking

August Events

29th Board Breaking
29th Teen / Adult Promotions
Sept. 1st Children's Promotions

914-663-8342

375 White Plains Road, Eastchester NY

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	
Morning Seminar 9:00-12:00		Morning Seminar 9:00-12:00	9:15 A/T	Morning Seminar 9:00-12:00		Morning Seminar 9:00-12:00	9:15 A/T	Morning Seminar 9:00-12:00	9:15 A/T	9:00 A/T	9:00 Family	9:00 A/T	9:00 Family	
Afternoon Seminar 12:30-3:30		Afternoon Seminar 12:30-3:30	10:45 FBB/4-6Yr Beginner	Afternoon Seminar 12:30-3:30		Afternoon Seminar 12:30-3:30	10:45 FBB/4-6Yr Beginner	Afternoon Seminar 12:30-3:30		10:00 O-B	10:05 Beginner	10:00 P-BL	10:05 Beginner	
No Regular Classes Mondays Special Event Schedule TBA		3:35 LT		3:35 LT	3:20 FBB/4-6Yr Beginner	3:35 LT		3:35 LT	3:20 FBB/4-6Yr Beginner	10:45 LT	10:50 FBB/4-6Yr Beginner	10:50 LT	10:50 FBB/4-6Yr Beginner	
		4:00 O-B	4:05 P-BL	4:00 O-B	4:05 Beginner	4:00 O-B	4:05 P-BL	4:00 O-B	4:05 Beginner	11:30 P-BL	11:35 O-B	11:30 10-13	11:30 O-B	
		4:45 O-B	4:50 Beginner	4:45 P-BL	4:50 Beginner	4:45 P-BL	4:50 Beginner	4:45 P-BL	4:45 O-B	12:15 LT	12:15 Spar			
		5:30 LT		5:30 Spar	5:30 LT	5:30 LT		5:30 Spar	5:30 LT	12:45 A/T	12:45 10-13			
		6:00 10-13	6:05 Beginner / FBB	6:00 P-BL	6:00 O-B	6:00 O-B	6:05 Beginner	6:00 10-13	6:05 Beginner / FBB	Class Symbols FBB/4-6 Beginner = Open to any new student 6 years or younger 10-13=10-13 years of age only, all belts Beginner = White and Yellow, 4 - 12 Yrs. O-B = Orange to Blue Belt, 4 - 12 Yrs. P-BL = Purple to Black, 4-12 Yrs. Spar = Sparring for students attending O-B or P-BL classes		LT = Leadership Team A = Adult T = Teens Family = White to Black Belts with parents attending class in the blue room at the same time.		
		6:50 A/T	6:50 10-13 & T Spar	6:50 LT		6:50 A/T		6:50 A/T						
		7:50 LT		7:20 A/T	7:20 A/T Spar	7:50 LT								
		8:20 A				8:20 A								

Valid From:
6/24-9/1, 2019



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/4-6Yr Beginner 35 Minutes	No Regular Classes	10:45am R 6:05 pm R	3:20 pm R	10:45am R	3:20 pm R 6:05 pm R	10:50am R	10:50am R
Beginner 40 Minutes	No Regular Classes	4:50pm R 6:05pm R	4:05pm R 4:50pm R	4:50pm R 6:05pm R	4:05pm R 6:05pm R	10:05am R	10:05am R
O-B 40 Minutes	No Regular Classes	4:00pm B 4:45pm B	4:00pm B 6:00pm R	4:00pm B 6:00pm B	4:00pm B 4:45pm R	10:00am B 11:35am R	11:30am R
P-BL 40 Minutes	No Regular Classes	4:05pm R	4:45pm B 6:00pm B	4:05pm R 4:45pm B	4:45pm B	11:30am B	10:00am B
10-13 40 Minutes	No Regular Classes	6:00pm B			6:00 pm B	12:45 pm R	11:30 am B

Teen/Adult Classes

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Teen	No Regular Classes	9:15 am R 6:50pm B	7:20pm B	9:15am R 6:50pm B/R	9:15am R 6:50pm B/R	9:00am B 12:45pm B	9:00am B
Adult	No Regular Classes	9:15am R 6:50pm B 8:20pm B	7:20pm B	9:15am R 6:50pm B/R 8:20pm B	9:15am R 6:50pm B/R	9:00am B 12:45pm B	9:00am B
Adult/ Teen Spar			7:20pm R				
Teen Spar		6:50pm R					

Special Training Classes

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spar 30 Minutes		6:50pm 55 Min 10-13 Only	5:30pm B		5:30pm B	12:15pm R	
LT		3:35pm B 5:30pm B 7:50pm B	3:35pm B 5:30pm R 6:50pm B	3:35pm B 5:30pm B 7:50pm B	3:35pm B 5:30pm R	10:45am B 12:15pm B	10:50am B
Family Class						9:00am R	9:00am R

Special Events & Legend

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Room Assignments
B=Blue Room
R=Red Room