

Valid From:  
November 5 -  
January 1, 2019

914-663-8342

# BALANCED

MARTIAL ARTS  
& FITNESS



375 White Plains Road, Eastchester NY

**November Events**

17th Promotions  
20th Board Breaking  
22nd-24th Holiday Closing

**December Events**

19th Board Breaking  
23rd to  
Jan 1st Holiday Break (No Regular Classes)

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		<p><b>Class Symbols</b>  <b>FBB</b> = 3-4 Years Old  <b>10-13</b> = 10 to 13 years age only, all belts  <b>Spar</b> = Sparring  <b>LT</b> = Leadership Team  <b>A</b> = Adults    <b>T</b> = Teen</p> <p><b>Beginner</b> = White &amp; Yellow Belts, 4 - 12 Yrs.  <b>O - B</b> = Orange to Blue Belts, 4 - 12 Yrs.  <b>P - BL</b> = Purple to Black Belts, 4 - 12 Yrs.  <b>Family</b> = 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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## MARTIAL ARTS & FITNESS

### Children's Classes

375 White Plains Road,  
Eastchester, NY 10709  
914-663-8342  
[www.balancedmartialarts.com](http://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

**November Events**  
17th Promotions  
20th Board Breaking  
22nd-24th Closed

**December Events**  
19th Board Breaking  
23rd to  
Jan 1st Holiday Break ( No Regular Classes)

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