

Valid From:  
January 2nd -  
March 3rd, 2019

914-663-8342

# BALANCED

MARTIAL ARTS  
& FITNESS



375 White Plains Road, Eastchester NY

**January Events**

13th Children's Promotion  
15th Adult & Teen Promotion  
24th Board Breaking

**February Events**

18th President's Day—No Regular Classes  
19-22nd Limited Class Schedule  
22nd Board Breaking

**March Events**

2nd Children's 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		<b><u>Class Symbols</u></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  <b>Beginner</b> = White & 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			
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](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		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		10:15am B (A 30 Min)	7:20pm R (A/T)		6:50pm R (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 Mfn						9:00am R	9:00am R

## Special Events & Legend

#### January Events

13th Promotions  
24th Board Breaking

#### February & March Events

18th President's Day—No Regular Classes  
19-22nd Limited Class Schedule  
22nd Board Breaking  
March  
2nd Promotions

#### Room Assignments

B=Blue Room  
R=Red Room