

Valid From:
April 30– June 24,
2018

914-663-8342



375 White Plains Road, Eastchester NY

May Events

5th Board Breaking
28th Closed for holiday

June Events

2nd Children Group Promotion
3rd Board Breaking
5th Adult Teen Group Promotion
9th Black Belt Gup Promotion
17th Black Belt Ceremony

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
4:15 LT		4:15 LT	4:15 Spar	4:15 LT		4:15 LT		4:15 LT	4:15 Spar	11:30 P-BL	11:35 Beginner	11:30 10-13	11:30 O-B
4:45 O-B	4:50 Beginner	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	12:20 P-BL	12:20 O-B		
5:30 LT	5:30 Spar	5:30 LT		5:30 Spar		5:30 LT		5:30 LT		1:00 Spar	1:00 LT		
6:00 P-BL	6:00 O-B	6:00 10-13	6:05 Beginner	6:00 P-BL	6:00 O-B	6:00 O-B	6:05 Beginner	6:00 10-13	6:05 Beginner	1:30 A/T			
6:45 LT		6:45 A/T		6:45 LT		6:45 A/T		6:45 10-13 & T Spar		<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			
7:15 A/T		7:45 LT		7:15 A/T	7:15 A/T Spar	7:45 LT							
		8:15 A				8:15 A							

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

Children's Classes

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

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

Teen/Adult Classes

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Teen 55 Minutes	7:15pm B/R	6:45pm B/R	7:15pm B	6:45pm B/R		1:30pm B	
Adult 55 Minutes	7:15pm B	9:15am B 6:45pm B 8:15pm B	7:15pm B	9:15am B 6:45pm B 8:15pm B	9:15am B	9:00am B 1:30pm B	9:00am B
Spar			7:15pm R		10:15am B 6:45pm B		

Advanced & Family Training

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spar- 30 Min	5:30pm R	4:15pm R	5:30pm B		4:15pm R	1:00pm B	
LT - 30 Min	4:15pm B 5:30pm B 6:45pm B	10:15am B 4:15pm B 5:30pm B 7:45pm B	4:15pm B 6:45pm B	10:15am B 4:15pm B 5:30pm B 7:45pm B	4:15pm B 5:30pm B	10:45am B 1:00pm R	10:50am B
Family- All ages children 40 Minutes						9:00am R	9:00am R

Special Events & Legend

May Events

5th Board Breaking
28th Closed for holiday

June Events

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3rd Board Breaking
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9th Black Belt Cup Promotion
17th Black Belt Ceremony

Room Assignments

B=Blue Room
R=Red Room