

Valid From:
9/3 - 11/4 , 2018

914-663-8342



375 White Plains Road, Eastchester NY

September Events

3rd & 4th Closed No Regular Classes
30th Board Breaking

October Events

7th Promotions
20th Kick-A-Thon (No Regular Classes)
29th Board Breaking
31st Halloween Schedule

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		<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			
7:20 A/T		7:45 LT		7:20 A/T	7:20 A/T Spar	7:45 LT							
		8:15 A				8:15 A							

Valid From:
Sept 3rd-
Nov. 4th,
2018

BALANCED

MARTIAL ARTS
& FITNESS

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	7:15pm B/R	6:50pm B/R	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
Spar		10:15am B	7:20pm R		6:50pm B		

Advanced & Family Training

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spar- 30 Min	5:35pm R	4:20pm R	5:35pm B		4:20pm R	1:00pm B	
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 Minutes						9:00am R	9:00am R

Special Events & Legend

September Events

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30th Board Breaking

October Events

7th Promotions
29th Board Breaking
20th Kick-A-Thon (No Regular Classes)
31st Halloween Schedule

Room Assignments

B=Blue Room
R=Red Room