

Valid From:
Nov 4th -
Dec 31, 2019

914-663-8342



375 White Plains Road, Eastchester NY

November Events

3rd Interim Beginner Promotion
23rd Children's Group Promotion
24th Board Breaking
24th Black Belt Ceremony
26th Adult Teen Group Promotioin
28th-30th Holiday Closing

December Events

16th Board Breaking
21st Interim Beginner Promotion
24th-1/1 Holiday 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	12:30 P-BL	12:25 O-B		
5:35 LT	5:35 Spar	5:35 LT		5:35 Spar		5:35 LT		5:35 LT		1:15 Spar	1:15 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	1:45 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		<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							

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375 White Plains Road,
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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
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 12:25pm 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 12:30pm 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	1:45pm B/R	
Adult 55 Minutes	7:20pm B/R	9:15am B 6:50pm B 8:15pm B	7:20pm B	9:15am B 6:50pm B/R 8:15pm B	9:15am B 6:50pm B	9:00am B 1:45pm B/R	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	1:15pm B	
10-13Y Spar 55M in		6:50pm B					
A/T Spar Evening 55 Min Morning 30 Min		10:15am B 6:50pm B (T)	7:20pm R (A/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 1:15pm R	10:50am B
Family- All ages children 40 Min						9:00am R	9:00am R

Special Events & Legend

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Room Assignments

B=Blue Room
R=Red Room