

Valid From:
September 7th-
October 31st
914-663-8342

BALANCED

MARTIAL ARTS
& FITNESS 

375 White Plains Road, Eastchester NY

September Events
28th Board Breaking
29th Promotions (No classes)
October Events
11th Closed
27th Board Breaking
28th Promotions

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 Cardio		9:15 A		9:15 Cardio		9:00 A		9:00 Cardio	
			10:30 FBB				10:30 FBB			10:00 W-G	10:00 4-6		10:00 4-6
	1:30 FBB				1:30 FBB				1:30 FBB	10:45 B-BI	10:45 4-6/FBB		10:45 W-G
3:30 W-G	3:30 4-6	3:30 B-BL	3:30 4-6	3:30 B-BI	3:30 W-G	3:30 W-G	3:30 4-6	3:30 W-G		11:30 Spar	11:30 W-G		11:30 B-BI
4:15 B-BI		4:15 MC	4:15 W-G	4:15 10-13	4:15 4-6	4:15 B-BI		4:15 B-BI	4:15 4-6	12:15 Cardio	12:15 B-BI		
5:00 Spar	5:00 JL	5:00 B-BI	5:00 W-G	5:00 B-BI	5:00 JL	5:00 Spar	5:00 W-G	5:00 MC	5:00 10-13	1:15 A/T			
5:45 B-BI	5:45 W-G	5:45 Cardio	6:00 4-6	5:45 W-G	6:00 4-6	5:45 B-BI	6:00 4-6	5:45 Cardio	5:45 W-G	<i>Class Symbols</i> 4-6= 4-6 Years Old FBB = 3-4 Years Old W-G = White to Green B-BI = Blue to Black 10-13 = Students 10-13 years of age only Spar = Sparring MC = Masters Club JL= Junior Leader A = Adult T = Teens Cardio= Cardio Kickboxing			
6:45 A/T	6:45 T/A Spar	6:45 T		6:45 T/A	6:45 T/A Spar	6:45 T		6:45 A/T					
7:45 Cardio		7:45 A		7:45 Cardio		7:45 A							

Valid From:
September 7th-
October 31st



375 White Plains Road, Eastchester, NY 10709
914-663-8342

www.balancedmartialarts.com

Children's Classes

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FBB (3-4)	1:30pm R	10:30am R	1:30pm R	10:30am R	1:30pm R	10:45am R	
4-6 Year Olds	3:30pm R	3:30pm R 6:00pm R	4:15pm R 6:00pm R	3:30pm R 6:00pm R	4:15pm R	10:00am R 10:45am R	10:00am R
W-G (7-12)	3:30pm B 5:45pm R	4:15pm B 5:00pm R	3:30pm R 5:45pm B	3:30pm B 5:00pm R	3:30pm B 5:45pm R	10:00am B 11:30am R	10:45am R
B-BI (7-12)	4:15pm B 5:45pm B	3:30pm B 5:00pm B	3:30pm B 5:00pm B	4:15pm B 5:45pm B	4:15pm B	10:45am B 12:15pm R	11:30am R

Advanced Training Classes

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10-13			4:15pm B		5:00pm R		
Spar	5:00pm B			5:00pm B		11:30am B	
JL	5:00pm R		5:00pm R				
MC		4:15pm R			5:00pm B		

Adult Classes

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio	7:45pm B	5:45pm B	9:15am B 7:45pm B		9:15am B 5:45pm B	12:15pm B	9:00am B
Teen	6:45pm B	6:45pm B	6:45pm B	6:45pm B	6:45pm B	1:15pm B	
Adult	6:45pm B	9:15am B 7:45pm B	6:45pm B	9:15am B 7:45pm B	6:45pm B	9:00am B 1:15pm B	
Spar	6:45pm R		6:45pm R				

Special Events & Legend

September Events
7th Schedule Begins
28th Board Breaking
29th Promotion

October Events
11th Closed
27th Board Breaking
28th Promotions

Room Assignments
B=Blue Room
R=Red Room