

Valid From:
November 1st-
December 31st

BALANCED

MARTIAL ARTS
& FITNESS



914-663-8342

375 White Plains Road, Eastchester NY

November Events

19th Board Breaking
20th Promotions (No classes)
24th-27th Thanksgiving Break

December Events

20th Board Breaking
21st Promotions
24th-New Years Day Holiday Break

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	3:45 4-6	3:30 B-BL	3:30 4-6	3:30 B-BI	3:30 W-G	3:30 W-G	3:45 4-6	3:30 W-G	3:30 4-6	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	1:15 Black Belt		
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 O+ Up	6:45 A/T W+Y	6:45 T		6:45 T/A	6:45 T/A Spar	6:45 T O+Up	6:45 A/T W+Y	6:45 A/T					
7:45 Cardio		7:45 A		7:45 Cardio	7:45 Black Belt	7:45 A							



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375 White Plains Road,
Eastchester, NY 10709
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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	3:45pm R	3:30pm R 6:00pm R	4:15pm R 6:00pm R	3:45pm R 6:00pm R	3:30pm 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
All Belts (10-13)			4:15 B		5:00 R		

Advanced Training Classes

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spar	5:00pm B			5:00pm B		11:30am B	
JL	5:00pm R		5:00pm R				
MC		4:15pm R			5:00pm B		
Black Belt All Ages			7:45 R			1:15 R	

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				
Beginner	6:45 R			6:45 R			

Special Events & Legend

November Events
19th Board Breaking
20th Promotion
24th-27th Thanksgiving Break

December Events
20th Board Breaking
21st Promotions
24th-1st Holiday Break

Room Assignments
B=Blue Room
R=Red Room