

Valid From:  
March 2-  
May 3, 2020

914-663-8342

# BALANCED

MARTIAL ARTS  
& FITNESS



375 White Plains Road, Eastchester NY

**March Events**

3rd Adult Teen Group Promotion  
3rd A/T Black Belt Gup Promotion  
5th Board Breaking  
21st Interim Beginner Group Promotiion

**April Events**

3rd Board Breaking  
6 - 9th Holiday Schedule  
10 - 12th Holiday Closing  
19th Children Group Promotion  
21st Adult Teen Group Promotion

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		<p><b>Class Symbols</b>  <b>FBB</b> = 3-4 Years Old  <b>10-13</b> = 10 to 13 years age only, all belts  <b>Spar</b> = Sparring  <b>LT</b> = Leadership Team  <b>A</b> = Adults    <b>T</b> = Teen</p> <p><b>Beginner</b> = White &amp; Yellow Belts, 4 - 12 Yrs.  <b>O - B</b> = Orange to Blue Belts, 4 - 12 Yrs.  <b>P - BI</b> = Purple to Black Belts, 4 - 12 Yrs.  <b>Family</b> = Children of Adult Students Attending Class</p>			
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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### Children's Classes

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

[www.balancedmartialarts.com](http://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 12:25pm 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