

Valid From:  
September 6th to 19th  
914-663-8342

# BALANCED

MARTIAL ARTS  
& FITNESS



**September Events:**  
7th & 8th No Classes

375 White Plains Road, Eastchester NY

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
<b>OUTDOOR</b>	Black Side	Blue Side	Black Side	Blue Side	Black Side	Blue Side	Black Side	Blue Side			Black Side	Blue Side		
											9:15 A/T			
				3:30 LT				3:30 LT			10:30 O-B	10:25 P-BL		
	3:40 Sibling	3:45 Beginner	4:00 O-B	4:05 P-BL	3:40 Sibling	3:45 Beginner	4:00 O-B	4:05 P-BL			11:45 Siblings	11:10 LT		
	4:50 O-B	4:55 P-BL	5:10 10-13	5:15 Beg 4-6/ FBB	4:50 O-B	4:55 P-BL	5:10 10-13	5:15 Beg 4-6/ FBB				12:00 10-13/ Teen		
	6:00 LT - A/T	5:35 LT - Kids	6:15 A/T		6:00 LT - A/T	5:35 LT - Kids	6:15 A/T							
	6:30 A/T		7:15 LT	6:45 A	6:30 A/T		7:15 LT	6:45 A						
	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	Blue Room
		3:30 Beg						3:30 O-B				10:00 Beginner		
		4:40 O-B		<p><b>Class Symbols</b> FBB = 3-4 Years Old</p> <p>10-13 = 10 to 13 years age only, all belts</p> <p>LT = Leadership Team</p> <p>A = Adults    T = Teen</p> <p>Beginner = White &amp; Yellow Belts, 4 - 12 Yrs.</p> <p>O - B = Orange to Blue Belts, 4 - 12 Yrs.</p> <p>P - BU = Purple to Black Belts, 4 - 12 Yrs.</p> <p>Siblings= Class for Siblings (who are both currently students)</p>				4:40 P-BL			11:10 O-B			
		5:50 P-BL						5:50 Beginner		12:20 P-BL				

**INDOOR**

Valid For:  
9/6-9/19



375 White Plains Road,  
Eastchester, NY 10709  
914-663-8342  
[www.balancedmartialarts.com](http://www.balancedmartialarts.com)

### Children's Classes (Outdoor)

Class	Mon.	Tues.	Wed.	Thurs.	Fri	Sat.	Sun
FBB (3-4)		5:15PM		5:15PM			
Beginner	3:45PM	5:15PM	3:45PM	5:15PM			
O-B	4:50PM	4:00PM	4:50PM	4:00PM		10:30AM	
P-BL	4:55PM	4:05PM	4:55PM	4:05PM		10:25AM	
10-13		5:10PM		5:10PM		12:00PM	
Sibling	3:40PM		3:40PM			11:45AM	

### Children's Classes (Indoor)

Class	Mon.	Tues.	Wed.	Thurs.	Fri	Sat.	Sun
Beginner		3:30PM			5:50PM		10:00AM
O-B		4:40PM			3:30PM		11:10AM
P-BL		5:50PM			4:40PM		12:20PM

### Teen/Adult Classes

Class	Mon.	Tues.	Wed.	Thurs.	Fri	Sat.	Sunday
Teen 55 Minutes	6:30PM	6:15PM	6:30PM	6:15PM		9:15AM 12:00PM (40 Min)	
Adult 55 Minutes	6:30PM	6:15PM 6:45PM	6:30PM	6:15PM 6:45PM		9:15AM	

### Advanced Training

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LT (KIDS)	5:35PM	3:30PM	5:35PM	3:30PM		11:10AM	
LT (A/T)	6:00PM	7:15PM	6:00PM	7:15PM		11:10AM	

**September Events  
7th & 8th No Classes**