

Valid From:  
June 26th to Sept 3rd



375 White Plains Road, Eastchester NY

914-663-8342

info@balancedmartialarts.com

**EVENTS AND CLOSINGS**

JULY	AUGUST
June 28th A/T Promotion 2nd Board Breaking 4th Closed 8th Children's Promotions	8th Board Breaking 13th Children's Promotions 16th Adult/Teen Promotion

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
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
				9:15 A/T				9:15 A/T		9:10 Beginner	9:00 A/T	9:00 A/T	
		3:20 FBB/4-6	3:30 LT	1:30 FBB/4-6	3:30 LT	3:20 FBB/4-6	3:30 LT	1:30 FBB/4-6	3:30 LT	10:00 O-B	10:05 P-BL	10:15 Beginner	10:30 LT
		4:00 All Belt		4:00 All Belt		4:00 All Belt		4:00 All Belt		10:45 FBB/4-6	10:45 LT	11:05 O-B	11:00 P-BL
		4:45 Beginner	4:50 P-BL	4:45 O-B	4:50 P-BL	4:45 Beginner	4:50 O-B	4:45 O-B	4:50 P-BL	11:30 Beginner	11:20 P-BL	11:50 FBB/4-6	11:45 LT
			5:30 LT	5:30 LT	5:30 CH Spar		5:30 LT	5:30 LT	5:30 CH Spar	12:15 CH Spar	12:15 LT	12:15 All Belt	
		6:00 Beginner	6:05 O-B	6:00 Beginner	6:05 P-BL	6:00 O-B	6:05 P-BL	6:00 Beginner	6:05 O-B	12:50 O-B	12:45 A/T LT		1:00 A/T Spar
		7:00 A/T		7:00 A/T LT		7:00 A/T		7:00 A/T			1:15 A/T		
		8:00 A/T LT	8:00 A/T	7:30 A/T Spar	7:30 A/T	8:00 A/T LT	8:00 A/T			LT = Leadership Team CH Spar = Children's Sparring	A = Adults T = Teen A/T Spar = Adult & Teen Sparring	FBB = 3-5 Year Olds Beginner = White & Yellow Belts	O - B = Orange to Blue Belts P - BL = Purple to Black Belts All Belts - White to Black Belt

# BALANCED MARTIAL ARTS



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

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June 26th to  
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## Children's Classes

\*This class is appropriate for  
Beginner students from 4 to 6 Yrs

	Mon.	Tues.	Wed.	Thurs.	Fri	Sat.	Sun
FBB / 4-6 Beg. * (35 Min)		3:20 PM	1:30 PM	3:20 PM	1:30 PM	10:45AM	11:50 AM
Beginner (40 Min)		4:00 PM 4:45 PM 6:00 PM	4:00 PM 6:00 PM	4:00 PM 4:45 PM	4:00 PM 6:00 PM	9:10 AM 11:30 AM	10:15 AM 12:15 PM
O-B (40 Min)		4:00 PM 6:05 PM	4:00 PM 4:45 PM	4:00 PM 4:50 PM 6:00 PM	4:00 PM 4:45 PM 6:05 PM	10:00 AM 12:50 PM	11:05 AM 12:15 PM
P-BL (40 Min)		4:00 PM 4:50 PM	4:00 PM 4:50 PM 6:05 PM	4:00 PM 6:05 PM	4:00 PM 4:50 PM	10:05 AM 11:20 AM	11:00 AM 12:15 PM

## Teen/Adult Classes

Class	Mon.	Tues.	Wed.	Thurs.	Fri	Sat.	Sun
Teen (55 Min)		7:00 PM 8:00 PM	9:15 AM 7:30 PM	7:00 PM 8:00 PM	9:15 AM 7:00 PM	9:00 AM 1:15 PM	9:00 AM
Adult (55 Min)		7:00 PM 8:00 PM	9:15 AM 7:30 PM	7:00 PM 8:00 PM	9:15 AM 7:00 PM	9:00 AM 1:15 PM	9:00 AM
Spar (55Min)			7:30 PM				1:00 PM

## Advanced Training

Class	Mon.	Tues.	Wed.	Thurs.	Fri	Sat.	Sun
Children's Sparring (30 Min)			5:30 PM		5:30 PM	12:15 PM	
LT (Kids) (30 Min)		3:30 PM 5:30 PM	3:30 PM 5:30 PM	3:30 PM 5:30 PM	3:30 PM 5:30 PM	10:45 AM 12:15 PM	10:30 AM 11:45 AM
LT (A/T) (30 Min)		8:00 PM	7:00 PM	8:00 PM		12:45 PM	