

Valid From:  
January 2nd to  
March 3, 2024



375 White Plains Road, Eastchester NY

EVENTS AND CLOSINGS

JANUARY		FEBRUARY	
1st	Holiday Closing	12th	Board Breaking
3rd	Adult Teen Promotion	18th	Children Promotion
14th	Board Breaking	19th	Holiday Closing
20th	Children Promotion	19-23rd	Seminar
		20-23rd	Limited Schedule
		21st	Adult Teen Promotion

914-663-8342  
info@balancedmartialarts.com

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		9:15 A				9:15 A	9:10 Beginner	9:00 A/T	9:00 A/T	9:00 A/T
		2:45 FBB		1:30 FBB		2:45 FBB		1:30 FBB		10:00 P-BL	10:05 O-B	10:15 Beginner	10:30 LT
3:35 Beginner	3:40 O-B	3:35 O-B	3:40 P-BL	3:35 Beginner	3:40 P-BL	3:35 O-B	3:40 P-BL	3:35 Beginner	3:40 O-B	10:45 FBB/4-6	10:45 LT	11:05 P-BL	11:00 O-B
	4:20 LT		4:20 LT		4:20 LT		4:20 LT	4:20 CH Spar	4:20 LT	11:30 Beginner	11:20 P-BL	11:50 FBB/4-6	11:45 CH Spar
4:45 P-BL	4:50 O-B	4:45 Beginner	4:50 P-BL	4:45 Beginner	4:50 O-B	4:45 Beginner	4:50 P-BL	4:50 P-BL	4:50 O-B	12:15 CH Spar	12:15 LT	12:25 O-B	12:20 P-BL
5:45 Beginner	5:30 CH Spar		5:30 LT		5:30 CH Spar		5:30 LT	5:45 Beginner	5:30 LT	12:50 O-B	1:15 A/T	1:20 Beginner	1:05 LT
	6:00 P-BL	6:00 Beginner	6:05 O-B	6:00 P-BL	6:05 O-B	6:00 Beginner	6:05 O-B		6:00 P-BL				
7:00 A/T LT	6:45 LT	7:00 A/T	7:00 A/T	7:00 A/T LT	6:45 LT	7:00 A/T	7:00 A/T		7:00 A/T	10-12 = 10 to 12 years age only, all belts	A = Adults T = Teen	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
7:30 A/T Spar	7:30 A/T	8:00 A/T LT	8:00 A/T	7:30 A/T Spar	7:30 A/T	8:00 LT	8:00 A/T			LT = Leadership Team CH Spar = Children's Sparring	A/T Spar = Adult & Teen Sparring		



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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 (30 Min)		2:45 PM	1:30 PM	2:45 PM	1:30 PM	10:45AM*	11:50 AM*
Beginner (40 Min)	3:35 PM 5:45 PM	4:45 PM 6:00 PM	3:35 PM 4:45 PM	4:45 PM 6:00 PM	3:35 PM 5:45 PM	9:10 AM 11:30 AM	10:15 AM 1:20 PM
O-B (40 Min)	3:40 PM 4:50 PM	3:35 PM 6:05 PM	4:50 PM 6:05 PM	3:35 PM 6:05 PM	3:40 PM 4:50 PM	10:05 AM 12:50 PM	11:00 AM 12:25 PM
P-BL (40 Min)	4:45 PM 6:00 PM	3:40 PM 4:50 PM	3:40 PM 6:00 PM	3:40 PM 4:50 PM	4:50 PM 6:00 PM	10:00 AM 11:20 AM	11:05 AM 12:20 PM

Teen/Adult Classes

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

Class	Mon.	Tues.	Wed.	Thurs.	Fri	Sat.	Sun
Children's Sparring (30 Min)	5:30 PM		5:30 PM		4:20 PM	12:15 PM	11:45 AM
LT (Kids)	4:20 PM 6:45 PM	4:20 PM 5:30 PM	4:20 PM 6:45 PM	4:20 PM 5:30 PM	4:20 PM 5:30 PM	10:45 AM 12:15 PM	10:30 AM 1:05 PM
LT (A/T)	7:00 PM	8:00 PM	7:00 PM	8:00 PM			