

BALANCED MARTIAL ARTS



375 White Plains Road,
Eastchester, NY 10709
914-663-8342
www.balancedmartialarts.com

Valid From:
Jan 1st -
Feb. 26th 2023

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

Advanced Training

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	
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 11:45 AM
LT (A/T)	7:00 PM	8:00 PM	7:00 PM	8:00 PM		12:45 PM	