

Valid From:
June 29th -
Sept 4th 2026



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

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 4:45 PM	4:00 PM 4:45 PM 6:00 PM	4:00 PM 6:00 PM	9:10 AM 11:30 AM	10:15 AM 12:20 PM
O-B (40 Min)		4:00 PM 6:05 PM	4:00 PM 4:50 PM 6:05 PM	4:00 PM 6:05 PM	4:00 PM 4:50PM	10:05 AM 12:50 PM	11:00 AM 12:20PM
P-BL (40 Min)		4:00 PM 4:50 PM	4:00 PM 6:00 PM	4:00 PM 4:50 PM	4:00 PM 4:45 PM 6:05 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 Min)	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
Adult (55 Min)	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
Spær (55Min)			7:30 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	11:45 AM
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 1:00 PM
LT (A/T) (30 Min)		8:00 PM	7:00 PM	8:00 PM		12:45 PM	