

Valid From:
Sept 5th to
Oct 31st, 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 (30 Min)		2:45 PM	1:30 PM	2:45 PM	1:30 PM	10:45AM*	11:50 AM*
Beginner (40 Min)	3:40 PM 5:45 PM	4:50 PM 6:05 PM	3:40 PM 4:50 PM	4:55 PM 6:05 PM	3:40 PM 5:45 PM	9:05 AM 11:30 AM	10:15 AM 1:20 PM
O-B (40 Min)	3:45 PM 4:50 PM	3:40 PM 6:10 PM	4:55 PM 6:05 PM	3:40 PM 6:10 PM	3:45 PM 4:50 PM	9:50 AM 12:50 PM	11:00 AM 12:30 PM
P-BL (40 Min)	4:55 PM 6:05 PM	3:45 PM 4:55 PM	3:45 PM 6:10 PM	3:45 PM 4:55 PM	4:55 PM 6:05 PM	10:00 AM 11:20 AM	11:05 AM 12:25 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 1:00 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 1:00 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)	5:35 PM		5:35 PM	4:25 PM		12:15 PM	11:50 AM
LT (Kids)	4:25 PM 6:45 PM	4:25 PM 5:35 PM	4:25 PM 6:45 PM	4:25 PM 5:35 PM	4:25 PM 5:35 PM	10:45 AM 12:15 PM	10:30 AM 1:10 PM
LT (A/T)	7:00 PM	8:00 PM	7:00 PM	8:00 PM			