



Belmars Martial Arts & Fitness, LLC
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Belmars Martial Arts & Fitness, LLC

Looking for the best in Muay Thai kickboxing & Fitness in Westchester?
 Then there is only one name "Belmars"

At Belmars Martial Arts & Fitness we offer you excellent professional instruction at affordable prices.

We are the best at what we do!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Private Training 4.00pm – 6.30pm	Beginners Muay Thai Kickboxing Course 6.45pm – 8.15pm	Beginners Pad Work & KickFit Circuits 6.45pm – 7.45pm	KickFit Circuits 6.45pm – 7.45pm	Private Training 4.00pm – 6.30pm	Kickboxing & Fitness For Kids 6 – 8 yrs 9.30am – 10.15am	Beginners Muay Thai Kickboxing Course 2.30pm – 4.00pm
KickFit Circuits 6.45pm – 7.45pm	Muay Thai sparring with Ysrael 6.45pm – 7.45pm	BoxFit Circuits 6.45pm – 7.45pm	Zumba Fitness 7.30pm - 8.30pm	Boxing For Beginners 6.30pm – 7.30pm	Zumba Fitness 9.30am - 10.30am	Intermediate Muay Thai Kickboxing 4.00pm – 5.00pm
Zumba Fitness 7.30pm - 8.30pm	Open Gym Bag Work Session 7.45pm – 9.15pm	Advance Muay Thai Kickboxing 7.45pm - 8.45pm (By invite only)	Intermediate Muay Thai Kickboxing 7.45pm – 8.45pm	Women's Self-Defense Course 6.45pm – 7.45pm	Kickboxing & Fitness For Kids 8 – 11 yrs 10.15am – 11.00am	Brazilian Jiu-Jitsu For Beginners Course 4.30pm – 6.00pm
BoxFit Circuits 7.45pm – 8.45pm	Intermediate Muay Thai Kickboxing 8.15pm – 9.15pm	Zumba Fitness 8.00pm - 9.00pm		Open Sparring 7.45pm - 9.00pm (By invite only)	Sparring with Belmar 11.30am – 12.30pm	Women's Only Fitness 5.00pm – 6.00pm