

Arden Sweet Science Gym

Gym Hours • Monday- Friday: 7:00 AM - 9:00 PM • Saturday : 9:00 AM – 4:00 PM • Sunday Closed

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7AM						Open at 9AM
8AM						
9AM	7am-4pm Adult Boxing Drills/Sparring	7am-4pm Adult Boxing Pads/ Bag Work	7am-4pm Adult Boxing Drills/Sparring	7am-4pm Adult Boxing Drills/ Body Sparring	7am-4pm Adult Boxing Drills/Sparring	9am-10am Adult Boxing Drills/Sparring
10AM						10:15am- 11am Little Boxers 5- 12 yrs old
11AM						11am - 4pm Adult Boxing Drills/Sparring
12PM	11am-12pm Intermediate/ Advanced Thai Kick Boxing Drills/ Sparring	11am-12pm Intermediate/ Advanced Thai Kick Boxing Pads/Clinch	11am-12pm Intermediate/ Advanced Thai Kick Boxing Drills/ Sparring	11am-12pm Intermediate/ Advanced Thai Kick Boxing Pads/Clinch	11am-12pm Intermediate/ Advanced Thai Kick Boxing Drills/ Sparring	
1PM						1pm- 2pm All Levels Thai Kick Boxing Drills/ Sparring
2PM						Adult Boxing Drills/Sparring
3PM						
4PM	4pm-5pm Little Boxers 5- 12 yrs old	4pm-5pm Little Boxers 5- 12 yrs old	4pm-5pm Little Boxers 5- 12 yrs old	4pm-5pm Little Boxers 5- 12 yrs old	4pm-5pm Little Boxers 5- 12 yrs old	
	5pm -6pm Teen Boxing Drills/Sparring	5pm -6pm Teen Boxing Pads/ Bags	5pm -6pm Teen Boxing Drills/Sparring	5pm -6pm Teen Boxing Drills/ Body Sparring	5pm -6pm Teen Boxing Drills/Sparring	
5PM	5pm- 6pm Beginner/ Intermediate Thai Kick Boxing Drills/ Sparring	5pm- 6pm Beginner/ Intermediate Thai Kick Boxing Pads/Clinch	5pm- 6pm Beginner/ Intermediate Thai Kick Boxing Drills/ Sparring	5pm- 6pm Beginner/ Intermediate Thai Kick Boxing Pads/Clinch	5pm- 6pm Beginner/Intermediate Thai Kick Boxing Drills/ Sparring	
	5:30pm- 9pm Adult Boxing Drills/Sparring	5:30pm- 9pm Adult Boxing Pad work/Bag work	5:30pm- 9pm Adult Boxing Drills/Sparring	5:30pm- 9pm Adult Boxing Drills/ Body Sparring	5:30pm- 9pm Adult Boxing Drills/Sparring	
6PM						
7PM	7pm-8pm All Levels Thai Kick Boxing Drills/ Sparring	7pm-8pm All Levels Thai Kick Boxing Pads/Clinch	7pm-8pm All Levels Thai Kick Boxing Drills/ Sparring	7pm-8pm All Levels Thai Kick Boxing Pads/ Clinch		
8PM						

◆ Please Come at The Appropriate Time to Train!