

**Gym Hours • Monday- Friday: 8AM - 10PM • Saturday: 9AM – 4PM • Sunday CLOSED**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8AM	8am - 11am Adult Boxing Drills/Sparring	8am - 11am Adult Boxing Pads/ Bag Work	8am - 11am Adult Boxing Drills/Sparring	8am - 11am Adult Boxing Drills/ Body Sparring	8am - 11am Adult Boxing Drills/Sparring	Opens at 9AM  9am-10am Adult Boxing Drills/ Sparring  10:15am - 11am Little Boxers 5- 12 years old  11am – 4pm Adult Boxing Drills/ Sparring
11AM	11am-12pm All levels Thai Kick Boxing Drills/ Sparring	11am-12pm All levels Thai Kick Boxing Pads/Clinch	11am-12pm All levels Thai Kick Boxing Drills/ Sparring	11am-12pm All level Thai Kick Boxing Pads/Clinch	11am-12pm All level Thai Kick Boxing Drills/ Sparring	
12PM	12pm - 4pm Adult Boxing Drills/Sparring	12pm - 4pm Adult Boxing Pads/ Bag Work	12pm - 4pm Adult Boxing Drills/Sparring	12pm - 4pm Adult Boxing Drills/ Body Sparring	12pm - 4pm Adult Boxing Drills/Sparring	1pm-2pm All Levels Thai Kick Boxing Drills/ Sparring
4PM	4pm-5pm Little Boxers 5- 12 years old	4pm-5pm Little Boxers 5- 12 years old	4pm-5pm Little Boxers 5- 12 years old	4pm-5pm Little Boxers 5- 12 years old	4pm-5pm Little Boxers 5- 12 years old	Closes At 4PM
6PM	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	
7PM	5pm - 10pm Adult Boxing Drills/Sparring	5pm - 10pm Adult Boxing Pad work/Bag work	5pm- 10pm Adult Boxing Drills/Sparring	5pm- 10pm Adult Boxing Drills/ Body Sparring	5pm - 10pm Adult Boxing Drills/Sparring	
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		
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		



*Ardon Sweet Science Gym*

**PLEASE COME AT THE APPROPRIATE TIME TO TRAIN**