

Ardon Sweet Science Gym
2018 Schedule

	Monday	Tuesday	Wednesday 9 AM - 9 PM	Thursday	Friday	Saturday 9 AM - 4 PM	Sunday CLOSED
9 AM	Adult Boxing Drills/Sparring	Adult Boxing Pads/Bag Work	Adult Boxing Drills/Sparring	Adult Boxing Drills/Pad Work	Adult Boxing Drills/Sparring	Adult Boxing Drills/Sparring	CLOSED
10 AM						Little Boxers 5 - 12 years old	
11 AM	All levels Thai Kick Boxing Drills/ Sparring	All levels Thai Kick Boxing Pads/Clinch	All levels Thai Kick Boxing Drills/ Sparring	All levels Thai Kick Boxing Pads/Clinch	All levels Thai Kick Boxing Drills/ Sparring	Adult Boxing Drills/Sparring	
12 PM	Adult Boxing Drills/Sparring	Adult Boxing Pads/Bag Work	Adult Boxing Drills/Sparring	Adult Boxing Drills/Pad Work	Adult Boxing Drills/Sparring	All Levels Thai Kick Boxing Drills/ Sparring	
1 PM						Open Muay Thai Sparring Fighters ONLY	
2 PM						Adult Boxing Drills/Sparring	
3 PM	Adult Boxing Drills/Sparring	Adult Boxing Pads/Bag Work	Adult Boxing Drills/Sparring	Adult Boxing Drills/Pad Work	Adult Boxing Drills/Sparring		
4 PM	Little Boxers 5 - 12 years old	Little Boxers 5 - 12 years old	Little Boxers 5 - 12 years old	Little Boxers 5 - 12 years old	Little Boxers 5 - 12 years old	CLOSED	
5 PM	Teen Boxing Drills/Sparring	Teen Boxing Pads/ Bags	Teen Boxing Drills/Sparring	Teen Boxing Pads/ Bags	Teen Boxing Drills/Sparring		
6 PM	Adult Boxing Drills/Sparring	Adult Boxing Pads/Bag Work	Adult Boxing Drills/Sparring	Adult Boxing Drills/Pad Work	Adult Boxing Drills/Sparring		
7 PM	All levels Thai Kick Boxing Drills/ Sparring	All levels Thai Kick Boxing Pads/Clinch	All levels Thai Kick Boxing Drills/ Sparring	All levels Thai Kick Boxing Pads/Clinch			
8 PM	Adult Boxing Drills/Sparring	Jiu Jitsu	Adult Boxing Pads/Bag Work	Adult Boxing Drills/Sparring	Adult Boxing Drills/Pad Work		Adult Boxing Drills/Sparring
9 PM							