

Ardon Sweet Science Gym  
2018 Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9 AM - 2 PM , 4 PM - 9 PM					10 AM - 3 PM	CLOSED
9 AM	<i>Open Mat</i>					CLOSED	CLOSED
10 AM	Adult Boxing Drills/Sparring	Adult Boxing Pads/Bag Work	Adult Boxing Drills/Sparring	Adult Boxing Drills/Bag Work	Adult Boxing Drills/Sparring	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/Bag Work	Adult Boxing Drills/Sparring	All Levels Thai Kick Boxing Drills/ Sparring	
1 PM	Adult Boxing Drills/Sparring	Adult Boxing Pads/Bag Work	Adult Boxing Drills/Sparring	Adult Boxing Drills/Bag Work	Adult Boxing Drills/Sparring	Open Muay Thai Sparring Fighters <b>ONLY</b>	
2 PM	CLOSED FOR PRIVATE CLASSES					Adult Boxing Drills/Sparring	
3 PM	CLOSED FOR PRIVATE CLASSES					CLOSED	
4 PM	Little Boxers 5 - 12 years old	Little Kickboxers 5 - 12 years old	Little Boxers 5 - 12 years old	Little Kickboxers 5 - 12 years old	Little Boxers 5 - 12 years old		
5 PM	Teen Boxing Drills/Sparring	Teen Kickboxing Pads/Bag Work	Teen Boxing Drills/Sparring	Teen Kickboxing Drills/Bag Work	Teen Boxing Drills/Sparring		
6 PM	Adult Boxing Drills/Sparring	Adult Boxing Pads/Bag Work	Adult Boxing Drills/Sparring	Adult Boxing Drills/Bag 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	<i>Open Mat</i>		
8 PM	Adult Boxing Drills/Sparring	Adult Boxing Pads/Bag Work	Jiu Jitsu	Adult Boxing Drills/Sparring	Adult Boxing Drills/Bag Work	Adult Boxing Drills/Sparring	