

Ardon Sweet Science Gym

Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PRIVATE SESSIONS MUST BE MADE BY APPOINTMENT WITH HEAD COACH - GREG ARDON. TO SCHEDULE AN APPOINTMENT, CALL (718) 965-0199.						
9:30 AM	<i>Beg/Intermediate Boxing Drills/Sparring 9:30am - 10:30am</i>	<i>Beg/Intermediate Boxing Pads/Conditioning 9:30am - 10:30am</i>	<i>Beg/Intermediate Boxing Drills/Sparring 9:30am - 10:30am</i>	<i>Beg/Intermediate Boxing Pads/Conditioning 9:30am - 10:30am</i>	<i>Beg/Intermediate Boxing Drills/Sparring 9:30am - 10:30am</i>	CLOSED
10:30 AM						MMA Class (All levels) Striking/Takedowns/Submission 10:00am - 12:00pm
11 AM	<i>Beg/Intermediate Muay Thai Drills/Sparring 11:00am - 12:00pm</i>	<i>Beg/Intermediate Muay Thai Pad/Clinch 11:00am - 12:00pm</i>	<i>Beg/Intermediate Muay Thai Drills/Sparring 11:00am - 12:00pm</i>	<i>Beg/Intermediate Muay Thai Pad/Clinch 11:00am - 12pm</i>	<i>Beg/Intermediate Muay Thai Drills/Sparring 11:00am - 12:00pm</i>	
12 PM	<i>Private Sessions (BY APPOINTMENT ONLY) 12:00pm - 3:00pm</i>					<i>Advanced Thai Boxing Drills/Sparring 12:00pm - 1:00pm</i>
1 PM						<i>Beg/Intermediate Muay Thai Pad/Clinch 1:00pm - 2:00pm</i>
2 PM						<i>Beg/Intermediate Boxing Pads/Conditioning 2:00pm - 3:00pm</i>
3 PM	<i>Beg/Intermediate Boxing Drills/Sparring 3:00pm - 4:00pm</i>	<i>Beg/Intermediate Boxing Pads/Conditioning 3:00pm - 4:00pm</i>	<i>Beg/Intermediate Boxing Drills/Sparring 3:00pm - 4:00pm</i>	<i>Beg/Intermediate Boxing Pads/Conditioning 3:00pm - 4:00pm</i>	<i>Beg/Intermediate Boxing Drills/Sparring 3:00pm - 4:00pm</i>	CLOSED
4 PM	<i>Kids class 5 - 13 Boxing/Kickboxing 4:00pm - 5:00pm</i>	<i>Kids class 5 - 13 Boxing/Kickboxing 4:00pm - 5:00pm</i>	<i>Kids class 5 - 13 Boxing/Kickboxing 4:00pm - 5:00pm</i>	<i>Kids class 5 - 13 Boxing/Kickboxing 4:00pm - 5:00pm</i>	<i>Kids class 5 - 13 Boxing/Kickboxing 4:00pm - 5:00pm</i>	
5 PM	<i>Teens class 13 - 17 Boxing/Kickboxing 5:00pm - 6:00pm</i>	<i>Teens class 13 - 17 Boxing/Kickboxing 5:00pm - 6:00pm</i>	<i>Teens class 13 - 17 Boxing/Kickboxing 5:00pm - 6:00pm</i>	<i>Teens class 13 - 17 Boxing/Kickboxing 5:00pm - 6:00pm</i>	<i>Teens class 13 - 17 Boxing/Kickboxing 5:00pm - 6:00pm</i>	
6 PM	<i>Beg/Intermediate Boxing Drills/Sparring 6:00pm - 7:00pm</i>	<i>Beg/Intermediate Boxing Pads/Conditioning 6:00pm - 7:00pm</i>	<i>Beg/Intermediate Boxing Drills/Sparring 6:00pm - 7:00pm</i>	<i>Beg/Intermediate Boxing Pads/Conditioning 6:00pm - 7:00pm</i>	<i>Beg/Intermediate Boxing Drills/Sparring 6:00pm - 7:00pm</i>	
7 PM	<i>Beg/Intermediate Thai Drills/Sparring 7:00pm - 8:00pm</i>	<i>Beg/Intermediate Thai Pads/Clinch 7:00pm - 8:00pm</i>	<i>Beg/Intermediate Thai Drills/Sparring 7:00pm - 8:00pm</i>	<i>Beg/Intermediate Thai Pads/Clinch 7:00pm - 8:00pm</i>	CLOSED	
8 PM	<i>Beg/Intermediate Boxing Drills/Sparring 8:00pm - 9:00pm</i>	<i>Beg/Intermediate Boxing Pads/Conditioning 8:00pm - 9:00pm</i>	<i>Beg/Intermediate Boxing Drills/Sparring 8:00pm - 9:00pm</i>	<i>Beg/Intermediate Boxing Pads/Conditioning 8:00pm - 9:00pm</i>		