

Ardon Sweet Science Gym

Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PRIVATE SESSIONS MUST BE MADE BY APPOINTMENT. TO SCHEDULE AN APPOINTMENT, CALL (718) 965-0199.						
7 AM	Basic Muay Thai Drills/Conditioning 7:00am - 8:00am	Basic Muay Thai Pads/Clinch 7:00am - 8:00am	Basic Muay Thai Drills/Conditioning 7:00am - 8:00am	Basic Muay Thai Pads/Clinch 7:00am - 8:00am	Basic Muay Thai Drills/Conditioning 7:00am - 8:00am	CLOSED (7:00am - 12:00pm)
8 AM	CLOSED					
9 AM	(8:00am - 10:00am)					
10 AM	Basic Muay Thai Drills/Conditioning 10:00pm - 11:00am	Basic Muay Thai Pads/Clinch 10:00pm - 11:00am	Basic Muay Thai Drills/Conditioning 10:00pm - 11:00am	Basic Muay Thai Pads/Clinch 10:00pm - 11:00am	Basic Muay Thai Drills/Conditioning 10:00pm - 11:00am	
11 AM	Beg/Intermediate Muay Thai Drills/Sparring 11:00am - 12:00pm	Beg/Intermediate Pad/Clinch Muay Thai 11:00am - 12:00pm	Beg/Intermediate Muay Thai Drills/Sparring 11:00am - 12:00pm	Beg/Intermediate Pad/Clinch Muay Thai 11:00am - 12pm	Beg/Intermediate Muay Thai Drills/Sparring 11:00am - 12:00pm	BJJ/MMA (Beg/Int) 11:00am - 12:00pm
12 PM	Beg/Intermediate Boxing Drills/Sparring 12:00pm - 1:00pm	Beg/Intermediate Boxing Pads/Conditioning 12:00pm - 1:00pm	Beg/Intermediate Boxing Drills/Sparring 12:00pm - 1:00pm	Beg/Intermediate Boxing Pads/Conditioning 12:00pm - 1:00pm	Beg/Intermediate Boxing Drills/Sparring 12:00pm - 1:00pm	Advanced Open Sparring Thai Boxing 12:00pm - 1:00pm
1 PM	CLOSED					Beg/Intermediate Muay Thai Pad/Clinch 1:00pm - 2:00pm
2 PM	CLOSED					Beg/Intermediate Boxing/Open Sparring 2:00pm - 3:00pm
3 PM	(1:00pm - 4:00pm)					
4 PM	Kids class 5 - 13 Boxing/Kickboxing 4:00pm - 5:00pm	Kids class 5 - 13 Boxing/Kickboxing 4:00pm - 5:00pm	Kids class 5 - 13 Boxing/Kickboxing 4:00pm - 5:00pm	Kids class 5 - 13 Boxing/Kickboxing 4:00pm - 5:00pm	CLOSED (4:00pm - 5:00pm)	
5 PM	Teens class 13 - 17 Boxing/Kickboxing 5:00pm - 6:00pm	Teens class 13 - 17 Boxing/Kickboxing 5:00pm - 6:00pm	Teens class 13 - 17 Boxing/Kickboxing 5:00pm - 6:00pm	Teens class 13 - 17 Boxing/Kickboxing 5:00pm - 6:00pm	Teens class 13 - 17 Boxing/Kickboxing 5:00pm - 6:00pm	CLOSED (3:00pm - 9:00pm)
6 PM	Basic Muay Thai Drills/Conditioning 6:00pm - 7:00pm	Beg/Inter Boxing Drills/Sparring 6:00pm - 7:00pm	Basic Muay Thai Pads/Clinch 6:00pm - 7:00pm	Beg/Inter Boxing Pads 6:00pm - 7:00pm	Basic Muay Thai Pads/Clinch 6:00pm - 7:00pm	
7 PM	Intermediate/Advanced Thai Drills/Sparring 7:00pm - 8:00pm	Intermediate/Advanced Thai Pads/Clinch 7:00pm - 8:00pm	BJJ/MMA (Beg/Int) 7:00pm - 8:00pm	Intermediate/Advanced Thai Drills/Sparring 7:00pm - 8:00pm	Intermediate/Advanced Thai Pads/Clinch 7:00pm - 8:00pm	BJJ/MMA (Beg/Int) 7:00pm - 8:00pm
8 PM	Beg/Intermediate Boxing Drills/Sparring 8:00pm - 9:00pm	Beg/Intermediate Boxing Pads/Conditioning 8:00pm - 9:00pm	Beg/Intermediate Boxing Drills/Sparring 8:00pm - 9:00pm	Beg/Intermediate Boxing Pads/Conditioning 8:00pm - 9:00pm	Beg/Intermediate Boxing Pads/Conditioning 8:00pm - 9:00pm	CLOSED (7:00pm - 9:00pm)