

ARDON SWEET SCIENCE GYM
2025 Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
6:30AM - 7:30AM	KICKBOXING BASIC Pads/Clinch	CLOSED	KICKBOXING BASIC Pads/Clinch	CLOSED	KICKBOXING BASIC Pads/Clinch	CLOSED				
7:30AM - 8:30AM	KICKBOXING BEG/INT Drills/Sparring	CLOSED	KICKBOXING BEG/INT Drills/Sparring	CLOSED	KICKBOXING BEG/INT Drills/Sparring					
8:30AM - 10:00AM	OPEN GYM, SELF-TRAINING									
10:00AM - 11:00AM	KICKBOXING BEG/INT Drills/Sparring	KICKBOXING BEG/INT Pads/Clinch	KICKBOXING BEG/INT Drills/Sparring	KICKBOXING BEG/INT Pads/Clinch	KICKBOXING BEG/INT Drills/Sparring	BOXING KIDS Ages 5 - 12				
11:00AM - 12:00PM	OPEN GYM, SELF-TRAINING					BOXING OPEN Sparring				
12:00PM - 1:00PM						KICKBOXING OPEN Sparring				
1:00PM - 2:00PM						CLOSED				
2:00PM - 3:00PM										
3:00PM - 4:00PM	CLOSED									
4:00PM - 5:00PM						OPEN GYM, SELF-TRAINING	BOXING/KICKBOXING KIDS Ages 5 - 12	OPEN GYM, SELF-TRAINING	BOXING/KICKBOXING KIDS Ages 5 - 12	CLOSED
5:00PM - 6:00PM						TEENS BOXING Ages 13 - 17	OPEN GYM, SELF-TRAINING	TEENS BOXING Ages 13 - 17	OPEN GYM, SELF-TRAINING	TEENS BOXING Ages 13 - 17
6:00PM - 7:00PM						KICKBOXING BEG Fundamentals/Drills	KICKBOXING BEG Fundamentals/Pads/Clinch	KICKBOXING BEG Fundamentals/Drills	KICKBOXING BEG Fundamentals/Pads/Clinch	BOXING BEG/INT Drills/Sparring
						BOXING BEG/INT Drills/Sparring		BOXING BEG/INT Drills/Sparring		
7:00PM - 8:00PM						KICKBOXING INT/ADV Drills/Sparring	KICKBOXING INT/ADV Pads/Clinch	KICKBOXING INT/ADV Drills/Sparring	KICKBOXING INT/ADV Pads/Clinch	CLOSED
									JIU JITSU Fundamentals	
8:00PM - 9:00PM						BOXING BEG/INT Drills/Sparring	BOXING BEG/INT Pads/Conditioning	BOXING BEG/INT Drills/Sparring	BOXING BEG/INT Pads/Conditioning	
	JIU JITSU Intermediate									