



# WEEKLY TRAINING SCHEDULE

## MONDAY

10:10 AM WRESTLING  
3:45 PM BOXING

## WEDNESDAY

10:10 AM GROUND FIGHTING  
3:45 PM BOXING

## FRIDAY

10:10 AM FULL MMA SPARRING

## TUESDAY

10:10 AM SHOOT BOXING  
3:45 PM SUBMISSION GRAPPLING

## THURSDAY

10:10 AM STANDING STRIKING  
3:45 PM SUBMISSION GRAPPLING

## SATURDAY

TEAM CONDITIONING: TBD

Location: BKK MMA Training Facility | Bring Gear & Water | Arrive 10 Minutes Early