

Men's National Squad Training Schedule

For the period of Apr to Jun 2022

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							13:00-15:00
14:00						14:00-17:00	Fitness @Gym
15:00						Additional Training	room
16:00						@TKR	
17:00						(Start from June)	
18:00							
19:00							
20:00		19:30-2230		19:30-2230			
21:00		Regular Training		Regular Training			
22:00		@TKR		@TKR			
23:00							