

Competitive Team Training Schedule



	Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session 1	Time	6:30-7:30pm	6:00-7:00pm	6:30-7:30pm	6:00-7:00pm	Individual	11:00-12:00	Day Off
	Training Type	Conditional Sparring	Team Training	Tec Sparring	Team Training		Open Sparring	
	Access	Classification 1-5	Classification 1-3	Classification 1-6	Classification 1-3		Classification 1-4	
Optional S&C Program	Time	N/A	N/A		N/A		11:00-12:00	Day Off
	Training Type	Conditioning	Strength		Conditioning		Guided Strength	
	Access	Classification 1-6	Classification 1-6		Classification 1-6		Classification 1-6	