



Asian Weightlifting Championships 2026 Training Schedule



Time	Date									
	8-May	9-May	10-May	11-May	12-May	13-May	14-May	15-May	16-May	17-May
10:00 - 12:00	Closed	C	B	A	C	B	A	C	B	Free
12:30 - 14:30	Closed	A	C	B	A	C	B	A	C	Free
15:00 - 17:00	Free	B	A	C	B	A	C	B	A	Closed
17:30 - 19:30	Free	Free	Free	Free	Free	Free	Free	Free	Free	Closed

Group	Nations										
Group A	BRN	CHN	HKG	IRI	JPN	KAZ	LBN	MDV	MGL	PHI	PRK
	TKM	UZB									
Group B	BRU	KOR	KUW	MAS	QAT	TPE	VIE	AUS (CWF)		NZL (CWF)	
Group C	BAN	IND	KSA	OMA	SGP	SRI	SYR	UAE	IND (CWF)		