

09/09/2019 to 15/09/2019

 Calendar, United Kingdom holidays

September 2019

October 2019

M	T	W	T	F	S	S	M	T	W	T	F	S	S
26	27	28	29	30	31	1	30	1	2	3	4	5	6
2	3	4	5	6	7	8	7	8	9	10	11	12	13
9	10	11	12	13	14	15	14	15	16	17	18	19	20
16	17	18	19	20	21	22	21	22	23	24	25	26	27
23	24	25	26	27	28	29	28	29	30	31	1	2	3
30	1	2	3	4	5	6	4	5	6	7	8	9	10

	09 Mon	10 Tue	11 Wed	12 Thu	13 Fri	14 Sat	15 Sun
8						PDS master class at Sheffield	
9	GYM - BODY PREP > 8.30am Arrive and Warm up > Session start 9am - 10am +	GYM - BODY PREP > 8.30am Arrive and Warm up > Session start 9am - 10am +		GYM - BODY PREP > 8.30am Arrive and Warm up > Session start 9am - 10am +	GYM - BODY PREP > 8.30am Arrive and Warm up > Session start 9am - 10am +		
10	Rugby - Skills and Meets	Rugby - Skills and Meets			Rugby - Skills and Meets		
11			Match 1s 3pm and 2s 1pm vs Birmingham (A)				
12				pool recovery tbc			
13							
14	squad meet						
15	Rugby - Field Session	Rugby - Field Session		PLAYER LED ANALYSIS AND FEED FWD	Rugby - Field Session		
16				YOGA TBC - Jess Wallwork			
17							
18		Uni coaching CPD					
19							
20							
21							