

16/09/2019 to 22/09/2019

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

	16 Mon	17 Tue	18 Wed	19 Thu	20 Fri	21 Sat	22 Sun
8					Animal Dress Code		
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							England v Tonga
12				GYM / POOL RECOVERY *			
13							
14	squad meet						
15	Rugby - Field Session	Rugby - Field Session	UBRFC vs Nottingham Uni 1s and 2s (H) Joe Goodman	Rugby - Skills and Meets	Saeed Esmeali Wrestling Thrashing		
16				YOGA TBC			
17							
18			SOCIAL HOST NOTTINGHAM UNI in Bristol				
19							
20							
21							