

## TYPICAL WEEKLY TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
07:50 to 09:00	Rugby	Conditioning	Rugby	Conditioning	Rest
09:00 to 10:00	Conditioning	Rugby	Conditioning	Rugby	Rest
10:00 to 10:30	Shower	Shower	Shower	Shower	Rest
10:30 to 12:30	Academic	Academic	Academic	Academic	Academic
12:30 to 13:30	Lunch	Lunch	Lunch	Lunch	Lunch
13:30 to 14:30	Conditioning	Conditioning	Conditioning	Conditioning	Rest
14:30 to 16:30	Rest	Rest	Rest	Rest	Rest
18:00	Rest	Club Training	Rest	Club Training	Club Matches on Fridays or Saturdays