
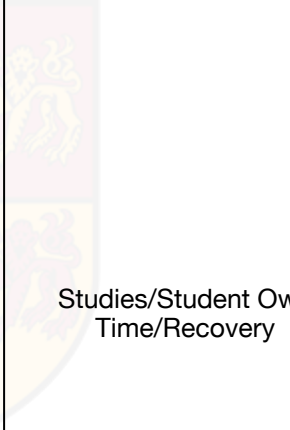


Rugby Performance Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7:00	Gym	Gym	 1884 PRIFYSGOL BANGOR UNIVERSITY	 1884 PRIFYSGOL BANGOR UNIVERSITY	Gym	RGC/Club Game Day	Studies/Student Own Time/Recovery	
7:30								
8:00								
8:30								
9:00	Studies/Student Own Time/Recovery	Studies/Student Own Time/Recovery			Studies/Student Own Time/Recovery			Player Reviews
9:30								
10:00								
10:30								
11:00								
11:30								
12:00								
12:30								
13:00				Studies/Student Own Time/Recovery				
13:30								
14:00								
14:30								
15:00								
15:30								
16:00								
16:30	Skills	Skills						
17:00								
17:30	Break	Break						
18:00								
18:30	Team Meeting	Team Meeting						
19:00								
19:30	Bangor University Team Training	Bangor University Team Training						
20:00								
20:30								