



UXi International Rugby Institutes

# Weekly Schedule Example



	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
	FORWARDS	BACKS	OTHER	FORWARDS	BACKS	OTHER	FORWARDS	BACKS	OTHER	FORWARDS	BACKS	OTHER	FORWARDS	BACKS	OTHER	FORWARDS	BACKS	OTHER
07:00			STAFF MEETING	07:00		STAFF MEETING	07:00			07:00			07:00			07:00		
07:15			STAFF MEETING	07:15		STAFF MEETING	07:15		STAFF MEETING	07:15		STAFF MEETING	07:15			07:15		
07:30				07:30	TEAM MEETING		07:30		STAFF MEETING	07:30		STAFF MEETING	07:30		STAFF MEETING	07:30		
07:45	TEAM MEETING			07:45	TEAM MEETING		07:45			07:45			07:45		STAFF MEETING	07:45		
08:00	TEAM MEETING			08:00	TEAM MEETING		08:00	TEAM WALK-THROUGH		08:00	TEAM MEETING		08:00			08:00		
08:15	LIFE SKILLS			08:15	PRE HAB	UNITS MEETING	08:15	TEAM WALK-THROUGH		08:15	TEAM MEETING		08:15			08:15		
08:30				08:30	GYM SESSION	PRE HAB	08:30	TEAM WALK-THROUGH		08:30	PRE HAB	UNITS MEETING	08:30	TEAM MEETING + LIFE SKILLS		08:30		
08:45				08:45	GYM SESSION	PRE HAB	08:45	TEAM MEETING		08:45	PRE HAB	UNITS MEETING	08:45	TEAM MEETING + LIFE SKILLS		08:45		
09:00	FIELD SESSION			09:00	GYM SESSION	PRE HAB	09:00	TEAM MEETING		09:00	GYM SESSION	PRE HAB	09:00	TEAM MEETING + LIFE SKILLS		09:00		
09:15				09:15	UNITS MEETING	GYM SESSION	09:15	TEAM MEETING		09:15	GYM SESSION	PRE HAB	09:15			09:15		
09:30				09:30	UNITS MEETING	GYM SESSION	09:30			09:30	UNITS MEETING	GYM SESSION	09:30	CAPTAINS RUN		09:30		
09:45	REFUEL			09:45	UNITS MEETING	GYM SESSION	09:45			09:45	UNITS MEETING	GYM SESSION	09:45	CAPTAINS RUN		09:45		
10:00	PRE HAB	UNITS		10:00	REFUEL		10:00	LIFE SKILLS		10:00	UNITS MEETING	GYM SESSION	10:00	CAPTAINS RUN		10:00		
10:15	GYM SESSION	PRE HAB		10:15			10:15	LIFE SKILLS		10:15	UNITS MEETING	GYM SESSION	10:15			10:15		
10:30	GYM SESSION	PRE HAB		10:30			10:30			10:30	UNITS MEETING	GYM SESSION	10:30			10:30		
10:45				10:45			10:45			10:45			10:45			10:45		
11:00				11:00	FIELD SESSION		11:00	ONE ON ONE'S		11:00	REFUEL		11:00			11:00		
11:15				11:15	FIELD SESSION		11:15	ONE ON ONE'S		11:15	REFUEL		11:15			11:15		
11:30	UNITS	GYM SESSION		11:30	FIELD SESSION		11:30	ONE ON ONE'S		11:30	FIELD SESSION		11:30			11:30		
11:45				11:45	FIELD SESSION		11:45	ONE ON ONE'S		11:45	FIELD SESSION		11:45			11:45		
12:00				12:00	FIELD SESSION		12:00			12:00	FIELD SESSION		12:00			12:00		
12:15				12:15	ONE ON ONE'S		12:15			12:15	FIELD SESSION		12:15			12:15		
12:30	ONE ON ONE'S			12:30	ONE ON ONE'S		12:30			12:30	FIELD SESSION		12:30			12:30		
12:45				12:45			12:45			12:45			12:45			12:45		
13:00				13:00			13:00			13:00			13:00			13:00		
13:15				13:15	LUNCH		13:15	LUNCH		13:15	LUNCH		13:15	LUNCH		13:15		
13:30	LUNCH			13:30	LUNCH		13:30	LUNCH		13:30	LUNCH		13:30	LUNCH		13:30		
13:45				13:45			13:45			13:45			13:45			13:45		
14:00				14:00			14:00			14:00			14:00			14:00		
14:15				14:15			14:15			14:15			14:15			14:15		
14:30				14:30			14:30			14:30			14:30			14:30		
14:45				14:45			14:45			14:45			14:45			14:45		
15:00	STUDIES			15:00	STUDIES		15:00	STUDIES		15:00	STUDIES		15:00			15:00		
15:15				15:15			15:15			15:15			15:15			15:15		
15:30				15:30			15:30			15:30			15:30			15:30		
15:45				15:45			15:45			15:45			15:45			15:45		
16:00				16:00			16:00			16:00			16:00			16:00		
16:15				16:15			16:15			16:15			16:15			16:15		
16:30				16:30			16:30			16:30			16:30			16:30		
16:45				16:45			16:45			16:45			16:45			16:45		
17:00				17:00			17:00			17:00			17:00			17:00		
17:15				17:15			17:15			17:15			17:15			17:15		
17:30				17:30			17:30			17:30			17:30			17:30		
17:45				17:45			17:45			17:45			17:45			17:45		
18:00				18:00			18:00			18:00			18:00			18:00		
18:15				18:15			18:15			18:15			18:15			18:15		
18:30				18:30	CLUB TRAINING		18:30	CLUB TRAINING		18:30	CLUB TRAINING		18:30	CLUB TRAINING		18:30		
18:45				18:45			18:45			18:45			18:45			18:45		
19:00				19:00			19:00			19:00			19:00			19:00		

MATCH DAY PROTOCOLS