**UBRFC Training Times**

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|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 1st XV | Coombe Dingle4G7-8:30pm | Coombe DingleLower Astro6-7pm | MATCH DAY | Bristol SUSwimming pool12-2 | Coombe Dingle4G8-9pm | REST DAY | Coombe Dingle4G2:30-4pm |
| 2nd XV |
| 3rd XV/Fresh 1s |
| 4th XV |  Coombe DingleGrass training7- 8pm | Coombe DingleGrass training6-7pm | N/A | Coombe DingleGrass training7-8pm | N/A |
| Fresh 2s |

