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| number | Session | Location | Date | Time | instructor |
| 1 | Skills Backs | Delray beach | Sat-8/9/2014 | 0830 | Richard |
| 2 | Skills Fwds | Delray beach | Sat-8/9/2014 | 0830 | Trinnie |
| 3 | Skills Backs | Delray beach | Sat-8/16/2014 | 0830 | Richard |
| 4 | Skills Fwds | Delray beach | Sat-8/16/2014 | 0830 | Trinnie |
| 5 | Skills Backs | Delray beach | Sat-8/23/2014 | 0830 | Richard |
| 6 | Skills Fwds | Delray beach | Sat-8/23/2014 | 0830 | Trinnie |
| 7 | Skills Backs | Delray beach | Sat-8/30/2014 | 0830 | Richard |
| 8 | Skills Fwds | Delray beach | Sat-8/30/2014 | 0830 | Trinnie |
| 9 | Strength/conditioning | TBA | Sun- 9/7/2014 | 0830 | TBA |
| 10 | Strength/conditioning | TBA | Sun-9/14/2014 | 0830 | TBA |
| 11 | Strength/conditioning | TBA | Sun-9/21/2014 | 0830 | TBA |
| 12 | Strength/conditioning | TBA | Sun-9/28/2014 | 0830 | TBA |
| 13 | Rugby Fitness/Captains run | Countess hoernle park | Tue-10/7/2014 | 630pm | Tito/Justin T. |
| 14 | Endurance training | FAU track | Thu-10/9/2014 | 630pm | Tito |
| 15 | Rugby Fitness | Countess hoernle park | Tue-10/14/2014 | 630pm | Tito |
| 16 | Endurance training | FAU track | Thu-10/16/2014 | 630pm | Tito |
| 17 | Team training | TBA | Tue-10/21/2014 | 630pm | Tito/Richard/Trinnie |
| 18 | Team training | TBA | Thu-10/23/2014 | 630pm | Tito/Richard/Trinnie |
| 19 | Rugby Fitness | Countess hoernle park | Tue-10/28/2014 | 630pm | Tito |
| 20 | Endurance training | FAU track | Thu-10/30/2014 | 630pm | Tito |
| 21 | Camping Trip | JDSP | Sat-11/8/2014 | Depart 0830, race track station blue herron |  |
| 22 | Camping Trip | JDSP | Sun-11/9/2014 |  |  |
| 23 | Friendly | TBA | 11/22/3014 | TBA |  |
| 24 | Friendly | TBA | 11/29/2014 | TBA |  |