

Spring Season 2011 – U13-18 Fitness Nights

<b>Mondays @ Aztec</b>	<b>Tuesdays @ Aztec</b>	<b>Wednesdays @ BFP</b>	<b>Thursdays @ BFP</b>
<p><b>4.30-5.30pm</b> RVFC 97B RVFC 98B</p> <p><b>5.30-6.30pm</b> RVFC 97 Zia RVFC 98 RVFC Rage</p> <p>Lance Watson Ryan Farquharson</p>	<p><b>4.30-5.30pm:</b> RVFC Fusion RVFC Hurricanes</p> <p><b>5.30-6.30pm</b> RVFC Atletico RVFC Millionarios RVFC Red Gunners RVFC Strikers</p> <p>Lance Watson</p>	<p><b>4.30-5.30pm</b> <b>Group 1 - SWSI</b> RVFC United RVFC 95B Reds</p> <p><b>Group 2 – Lance Watson</b></p> <p>Rapids Atlantis</p> <p><b>5.30-6.30pm</b> <b>Group 1 - SWSI</b> Riot Eagles</p> <p><b>Group 2 – Lance Watson &amp; Ryan Farquharson</b></p> <p>Venom 110's Ajax</p>	<p><b>4.30-5.30pm</b> <b>Group 1 - SWSI</b> RVFC 93B</p> <p><b>Group 2 – Lance Watson</b> Copa Arsenal</p> <p><b>5.30-6.30pm</b> <b>Group 1 - SWSI</b> RVFC 95G RVFC 96G</p>

- *8 week training program for all age groups/teams*
- *1<sup>st</sup> week of training will be March 14<sup>th</sup>*