

Spring Season 2010 – U13-18 Fitness Nights

Mondays @ Aztec Park	Tuesdays @ BFP	Wednesdays @ BFP
Session 1: 4.30-5.30pm RVFC Millionarios RVFC 96 RVFC Shock	<i>Session 1: 4.30-5.30pm</i> <i>RVFC Reds</i> <i>RVFC Atlantis</i> <i>RVFC Copa</i> <i>RVFC Arsenal</i> <i>RVFC 97B</i> <i>Cyclones</i>	Session 1: 5.30-6.30pm Riot Crush Xtreme Eagles RVFC 95G
Session 2: 5.30-6.30pm RVFC Blues RVFC 97 Zia RVFC Fusion	<i>Jeff Kloer</i>	Eryn Paetz
Jeff Kloer	Session 2: 5.30-6.30pm RVFC Atletico RVFC Hurricanes RVFC Rebels	Session 2: 4.30-5.30pm RVFC 94B Rapids RVFC 95B Hammerheads
	Eryn Paetz	Jeff Kloer
	Session 3: 4-5pm RVFC 92G Sparks Rockets 110's Venom	
	Nancy Halpin	

- ***9 week training period – March 1st – April 28th (except Session 1 on Tuesdays – sessions will start on March 16th and run through May 11th)***