

Spring Season 2011 – U13-U18 Fitness Nights

Mondays	Tuesdays	Wednesdays	Thursdays
Terryn Granados - Aztec 4.30-5.30pm Italia Zia	Parisi Speed School 4.30-5.30pm RVFC 95G Ajax	Parisi Speed School 5.30-6.30pm RVFC 94B 6.30-7.30pm Rapids	Parisi Speed School 4.30-5.30pm Atlantis Parisi Speed School 5.30-6.30pm Reds Copa
Terryn Granados- Aztec 5.30-6.30pm U13 & U14G Parisi Speed School 5.30-6.30pm Eagles RVFC 96G	Jude - Aztec 5.30-6.30pm Revolution U13 & 14G	Jude - Aztec 5.30-6.30pm U13 & U14B	6.30-7.30pm Millionarios Atletico
Parisi Speed School 6.30-7.30pm RVFC 95B RVFC 97B		All Parisi Sessions at Defined Fitness location on Juan Tabo	Jude - Aztec 5.30-6.30pm U13 & U14B

Girls teams and all U13-14 teams - start March 5th, end April 26th

March 5th – Jude Moulton will run an introductory session for U13-14 boys @ Aztec Park

U15-18 Boys/Parisi dates - Weeks beginning Jan 30th, Feb 6th, March 5th, March 12th, March 26th, April 2nd, April 9th, April 23rd