Day, Date	Time	Court 5	Court 6
Tuesday, January 2	4:00-5:00pm	Fitness/Speed High School	
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	5:00-6:00pm	Fitness/Speed Session 2 2012-2010	
	6:00-7:00pm	Fitness/Speed Session 2 2015-2013	
	7:00-8:00pm	Goalkeeper Training Group 1	
	8:00-9:00pm	Goalkeeper Training Group 2	
Thursday January 4	F.20 6.20nm	2015C T	2014C 2012C Teem
Thursday, January 4	5:30-6:30pm	2015G Team 2014G-2013G Tea	
	6:30-7:30pm	2012B Team	
	7:30-8:30pm	2011B Team	
Sunday, January 7	4:00-5:00pm	2007B-2006B Team	
	5:00-6:00pm	2009B-2008B Team	
		1	
Monday, January 8	5:00-6:00pm		10G Team
	6:00-7:00pm	Juniors: 2017-2015 Girls	
	7:00-8:00pm	Juniors: 201	7-2015 Boys
Tuesday, January 9	4:00-5:00pm	Fitness/Speed High School	
	5:00-6:00pm	Fitness/Speed Session 2 2012-2010	
	6:00-7:00pm	Fitness/Speed Session 2 2015-2013	
	7:00-8:00pm	Goalkeeper Training Group 1	
	8:00-9:00pm	Goalkeeper Training Group 2	
	50000	20450 7	20462.7
Wednesday, January 10	5:30-6:30pm	2015B Team	2016B Team
	6:30-7:30pm	2014B Team	2013B Team
	7:30-8:30pm	2010B	Team
Thursday, January 11	5:30-6:30pm	2015G Team	2014G-2013G Team
	6:30-7:30pm	2012B Team	
	7:30-8:30pm	2011B Team	
		1	
Sunday, January 14	4:00-5:00pm	2007B-2006B Team	
	5:00-6:00pm	2009B-2008B Team	
Monday, January 15	5:00-6:00pm	2012G-2010G Team	
	6:00-7:00pm	Juniors: 2017-2015 Girls	
	7:00-8:00pm	Juniors: 2017-2015 Boys	
			,
Tuesday, January 16	4:00-5:00pm	Fitness/Speed High School	
	5:00-6:00pm	Fitness/Speed Session 2 2012-2010	
	6:00 7:00nm	Fitness/Chood Cossion 2 201F 2012	

6:00-7:00pm

7:00-8:00pm

8:00-9:00pm

6:30-7:30pm 7:30-8:30pm

5:30-6:30pm

6:30-7:30pm

7:30-8:30pm

Wednesday, January 17 5:30-6:30pm

Thursday, January 18

Fitness/Speed Session 2 2015-2013

Goalkeeper Training Group 1

Goalkeeper Training Group 2

2010B Team

2012B Team

2011B Team

2016B Team

2013B Team

2014G-2013G Team

2015B Team

2014B Team

2015G Team

PRIDE SC Winter	Training	Schedule	January	2024
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ALL SESSIONS AT EASTSIDE ATHLETICS

Day, Date	Time	Court 5	Court 6	
Sunday, January 21	4:00-5:00pm	2007B-2006B Team		
, ,	5:00-6:00pm	2009	3-2008B Team	
Monday, January 22	5:00-6:00pm	2012G-2010G Team		
	6:00-7:00pm	Juniors: 2017-2015 Girls	Juniors: 2019-2018	
	7:00-8:00pm	Juniors:	2017-2015 Boys	
Tuesday, January 23	5:00-6:00pm	Fitness/Speed Session 2 2012-2010		
	6:00-7:00pm	Fitness/Speed	l Session 2 2015-2013	
	7:00-8:00pm	Goalkeeper Training Group 1		
	8:00-9:00pm		r Training Group 2	
			8	
Wednesday, January 24	5:30-6:30pm	2015B Team	2016B Team	
	6:30-7:30pm	2014B Team	2013B Team	
	7:30-8:30pm	20	10B Team	
	1			
Thursday, January 25	5:30-6:30pm	2015G Team	2014G-2013G Team	
	6:30-7:30pm	2012B Team		
	7:30-8:30pm	2011B Team		
C	4 00 5 00	2007D 2006D T		
Sunday, January 28	4:00-5:00pm 5:00-6:00pm	2007B-2006B Team		
	5.00-6.00pm	2009B-2008B Team		
Monday, January 29	5:00-6:00pm	20126	6-2010G Team	
		Juniors: 2017-2015 Girls		
	7:00-8:00pm		2017-2015 Boys	
	7.00 0.00	3411013.	2017 2013 2043	
Tuesday, January 30	5:00-6:00pm	Fitness/Speed Session 2 2012-2010		
	6:00-7:00pm	Fitness/Speed Session 2 2015-2013		
	7:00-8:00pm	Goalkeeper Training Group 1		
	8:00-9:00pm	Goalkeeper Training Group 2		
		·	ū ,	
Wednesday, January 31	5:30-6:30pm	2015B Team	2016B Team	
	6:30-7:30pm	2014B Team	2013B Team	
	7:30-8:30pm		10B Team	
Thursday, February 1	5:30-6:30pm	2015G Team	2014G-2013G Team	
, , , , , , , , , , , , , , , , , , , ,	6:30-7:30pm	2012B Team		
	7:30-8:30pm	2011B Team		
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