

**EMFC Speed - Agility
Training Schedule**

Month	Day	Time	Field	Team/Age Group	Group/Team Training	Hours
FEB	Monday, 27th	4:45-5:30	LCC soccer	Athletica Blue	Team	45 min
FEB	Monday, 27th	6:45-7:30	LCC soccer	Storm	Team	45 min
FEB	Tuesday, 28th	5:15-6:45	LCC	Azzurri	Team	1.5 hours
MARCH	Monday, 5th	4:45-5:30	LCC soccer	Celtic	Team	45 min
MARCH	Monday, 5th	5:445-6:30	LCC Soccer	Sol Blue and White	Combined	45 min
MARCH	Tuesday, 6th	6:00-6:45	LLC track	Magic White and Roma	Combined	45 min
MARCH	Tuesday, 6th	6:45-7:30	LCC Track	Juventus	Team	45 min
MARCH	Monday, 12th	5:45-6:30	LCC soccer	Athletica Blue	Team	45 min
MARCH	Monday, 12th	6:45-7:30	LCC track	Storm	Team	45 min
MARCH	Tuesday, 13th	5:30-7:30	LCC track	Azzurri	Team	1.5 hours
MARCH	Monday, 19th	4:45-5:30	LCC soccer	Celtic	Team	45 min
MARCH	Monday, 19th	5:45-6:30	LCC soccer	Sol Blue and White	Combined	45 min
MARCH	Tuesday, 20th	6:00-6:45	LCC track	Magic White & Roma	Combined	45 min
MARCH	Tuesday, 20th	6:45-7:30	LCC track	Juventus	Team	45 min
MARCH	26TH-30TH	SPRING	BREAK	NO TRAINING		

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