

# Destination Fitness Training

All Sessions at Duluth East Weight Room

Sessions Start Friday, April 13th

Mondays	
6-7:00	U14 Girls, U15 Boys
7-8:00	U15/16 Girls, U16 Boys

Tuesdays	
6-7:00	U13 Boys and Girls
7-8:00	U18 Girls, U19 Boys

Wednesday	
6-7:00	U14 Girls, U15 Boys
7-8:00	U16 Boys, U16 Girls

Thursday	
OFF	

Friday	
6-7:00	U13 Boys and Girls
7-8:00	U15/18 Girls, U19 Boys