



**HILO REIGN RUGBY CLUB (YOUTH)
2012 PRE-RUGBY SEASON
CONDITIONING**

- WHEN:** STARTS 07 NOVEMBER, 11
DAYS: MONDAYS, WEDNESDAYS,
AND SATURDAYS
TIMES: 4.00PM – 6.00PM
WHERE: BAYFRONT SOCCER FIELD
(OCEAN SIDE)
WHO: ALL AGES (8yrs – 18yrs)

For more information you may call Coach Lawrence @ 938 8292