

PARISI Sports Performance Session Calendar

Sports Performance & Total Conditioning Session Calendar

Class Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
JS I	4:00pm-CD 6:30pm - CD	4:00pm-CD 5:00pm -CD	4:00pm- CD 6:30pm -CD	4:00pm-CD 5:00pm -CD	4:00pm-CD	10:00am-CD 11:00am-CD	
JS II	4:00pm-EM 6:30pm -EM	4:00pm-EM 5:00pm -EM	4:00pm-EM 6:30pm -EM	4:00pm-EM 5:00pm -CD	4:00pm-CD	10:00am-EM 11:00am-EM	
TP I	5:30pm - KH	6:30pm - EM	5:30pm-EM	6:30pm - EM	5:00pm-CD	12:00pm-CD	
TP II	5:30pm - EM	6:30pm - CD	5:30pm-EM	6:30pm - EM	5:00pm-CD	12:00pm-EM *8:30am - JB	
*Strength			7:30pm-CD				3:00pm-CD
*Eval	4:00pm - JB 5:00pm - CD	4:30pm - JH 6:00pm-LC	4:00pm - JB 5:00pm-CD	5:00pm-JH 6:00pm-CD		10:00am-JB	

- *Evaluations are by appointment only
- *Dynamic Warm-up by appointment only
- *Strength by appointment only
- *Sat. 8:30am by appointment only



Memorial Athletic Club 14690 Memorial Drive Houston, Texas 77079 (281) 497-7570
www.parisischool.com/memorialac

Performance Coaches	
KH	Kellee Hafner
JH	Jason Holmes
JB	Jeff Biehl
CD	Chris Daughtry
EM	Eric Muller
LC	Lindsay Cloninger

KEY
JS I- Jump Start Level I, for 7-10 ages
JS II- Jump Start Level II, for 11 - 12 * by a booked appointment
TP I- Total Performance Level I, for 13-14 ages
TP II- Total Performance Level II, for 15 and older * by a booked appointment ** time arranged
<i>Adult Total Conditioning available 5:50am M-W-F with Coach Jeff & Debbie</i>