

PARISI Sports Performance Session Calendar

Sports Performance & Total Conditioning Session Calendar

Class Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
JS I	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	10:00am	
Level I	6:30pm	5:00pm	6:30pm	5:00pm			
7-10 ages							
JS II	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	10:00am	
Level II	6:30pm	5:00pm	6:30pm	5:00pm			
10-12 ages							
TP I					5:00pm	11:00am	
Level I		6:00pm		6:00pm			
13-15 ages	6:30pm		6:30pm				
*Strength	7:30pm-CD					12:00pm-CD	
TP II	5:30pm	6:00pm	5:30pm	6:00pm	5:00pm	11:00am	
Level II		7:00pm		7:00pm		*8:30am	
15-18 ages							
*Strength			7:30pm-CD			3:00pm-CD	
*Eval		4:30pm		4:30pm		10:00am	
	5:00pm	6:00pm	5:00pm	6:00pm			

Performance Coaches
Kellee Hafner
Jason Holmes
Jeff Biehl
Chris Daughtry
Zak Takacs
Jermey Justice

KEY
JS I- Jump Start Level I, for 7-10 ages
JS II- Jump Start Level II, for 10 - 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
<i>Adult Total Conditioning</i> available 5:50am M-W-F with Coach Jeff & Debbie

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



Memorial Athletic Club

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