

PARISI Sports Performance Session Calendar Summer 2019

Class Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Performance Coaches
JS I	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	10:00am		Jeff Biehl Chris Daughtry Jacobo Fajardo "Cobo" Chris Scibilia Brittany Thompson Kevin Tran
7-10 ages	6:30pm	5:00pm	6:30pm	5:00pm				
JS II	2:30 PM		2:30 PM			10:00am		
10 12 ages	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm			
	6:30pm	5:00pm	6:30pm	5:00pm				
TP I		2:30 pm (80)		2:30 pm (80)		11:00am (80)		
13 15 ages	5:00pm (80)	6:00pm	5:00pm	6:00pm	5:00pm (80)	Speed/Str.		
	6:30pm		6:30pm		Speed/Str.			
Strength		7:00pm		7:00pm				
TP II		2:00 PM		2:00 PM		12:30pm (80)		
15 -18 ages	5:30pm (80)	5:30pm	5:30pm (80)	5:30pm	5:00pm (80)	Speed/Str.		
	Speed/Str.	6:45pm (80)		6:45pm (80)	Speed/Str.			
Strength	7:30pm	Speed/Str.	7:30pm	Speed/Str.				
Eval	By scheduled appointment only							KEY JS I- Jump Start JS II- Jump Start TP I- Total Performance (80): Combination of speed and strength session TP II- Total Performance (80): Combination of speed and strength session P.E.A.K.- Parisi Elite Athletic Knowledge (Invite only)
	Please call (281) 497-7570							

