

PARISI Performance Sessions

Summer 2023

Class Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Performance Coaches
P.Week	3:30pm		3:30pm		3:30pm		
JS I	10:30am	10:30am	10:30am	10:30am	10:30am	10:00am	Chris Daughtry
7-10 ages	4:15pm	4:15pm	4:15pm	4:15pm	4:15pm		Jeff Biehl
	6:30pm	5:15pm	6:30pm	5:15pm			Justin Chiu
JS II	10:30am	10:30am	10:30am	10:30am	10:30am	10:00am	Lex Hahn
10-12 ages	4:15pm	4:15pm	4:15pm	4:15pm	4:15pm		Jack Pidgeon
	6:30pm	5:15pm	6:30pm	5:15pm			Austen Waters
TP I	11:30am	11:30am Combo	11:30am	11:30am Combo	11:30am	11:15am Combo	KEY
13 15 ages	5:15pm Combo	6:30pm	5:15pm Combo	6:30pm	5:15pm		JS I- Jump Start
	7:30pm		7:30pm				JS II- Jump Start
Strength		7:30pm		7:30pm			TP I- Total Performance
TP II		12:00pm		12:00pm			(COMBO): Combination of
15 -18 ages	5:30pm Combo	5:30pm	5:30pm Combo	5:30pm	5:15pm	12:30pm Combo	speed & strength session
Peak	7:30pm	6:45pm Combo	7:30pm	6:45pm Combo			TP II- Total Performance
							(COMBO): Combination of
Eval	By scheduled appointment only						speed & strength session
	Please call 832-691-6443						

