

# PARISI Performance Sessions

## Summer 2023

Class Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Performance Coaches
<b>P.Week</b>	3:30pm		3:30pm		3:30pm		
<b>JS I</b>	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
<b>JS II</b>	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
<b>TP I</b>	11:30am	11:30am Combo	11:30am	11:30am Combo	11:30am	11:15am Combo	<b>KEY</b>
13 15 ages	5:15pm Combo	6:30pm	5:15pm Combo	6:30pm	5:15pm		<b>JS I-</b> Jump Start
	7:30pm		7:30pm				<b>JS II-</b> Jump Start
<b>Strength</b>		7:30pm		7:30pm			<b>TP I-</b> Total Performance
<b>TP II</b>		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
		6:45pm COMBO		6:45pm Combo			
<b>Strength</b>	7:30pm		7:30pm				<b>TP II-</b> Total Performance
							(COMBO): Combination of
<b>Eval</b>	By scheduled appointment only						speed & strength session
	Please call 832-691-6443						

