

Effective 1/2/24

PARISI Sports Performance Session Calendar

Spring 2024

Class Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Staff
JSI	4:15pm	4:15pm	4:15pm	4:15pm	4:15pm	10:00am	Jeff Beihl
7-10 ages	6:30pm	5:15pm	6:30pm	5:15pm			Jack Pidgeon
							Justin Chiu
JS II	4:15pm	4:15pm	4:15pm	4:15pm	4:15pm	10:00am	Chris Daughtry
10-12 ages	6:30pm	5:15pm	6:30pm	5:15pm			Lex Hahn
							Austen Waters
TP I	5:15pm COMBO	6:30pm	5:15pm COMBO	6:30pm	5:15pm	11:15am COMBO	KEY
13 15 ages	7:30pm	7:30pm Strength	7:30pm	7:30pm Strength			
							(COMBO): Combination of
TP II	5:30pm COMBO	5:30pm	5:30pm COMBO	5:30pm	5:15pm	12:30pm COMBO	Speed & Weight Training.
15 -18 ages							
							(Strength): Weight Training
PEAK	7:30pm TD	6:30pm TD	7:30pm TD	6:30pm TD			
Collegiate							(TD) Total Development
& Invite							Speed, Power, Weight Train



