Effective 8/21/17

PARISI Sports Performance 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	
7-10 ages	6:30pm	5:00pm	6:30pm	5:00pm			
JS II	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	10:00am	
10 12 ages	6:30pm	5:00pm	6:30pm	5:00pm			
TP I						11:00am (80)	
13 15 ages	5:00pm (80)	6:00pm	5:00pm	6:00pm	5:00pm	Speed/Str.	
	6:30pm		6:30pm		Speed/Str.		
Strength		*7:00pm*		*7:00pm*			
TP II						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*						
	Please call (281) 497-7570						

Performance Coaches
Jeff Biehl
Chris Daughtry
Jacobo Fajardo "Cobo"
Julian Jemenez
Chris Scibilia

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)**

PARISI SPEED SCHOOL

Currect/Active Member Online registratioy

Memorial Athletic Club *14690 Memorial Drive Houston, Texas 77079* *(281) 497-7570*

www.parisischool.com/memorialac