

# **PARISI** Sports Performance Session Calendar Summer 2017

Class Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Performance Coaches
								Jeff Biehl
<b>JS I</b>	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	10:00am		Chris Daughtry
7-10 ages	6:30pm	5:00pm	6:30pm	5:00pm				Lana Maciel
<b>JS II</b>	2:30pm	4:00pm	2:30pm	4:00pm	4:00pm	10:00am		Brittany Thompson
10 12 ages	4:00pm	5:00pm	4:00pm	5:00pm				Jacobo Fajardo
	6:30pm		6:30pm					Julian Jemenez
<b>TP I</b>	2:00pm (80)	2:00pm (80)		2:00pm (80)		11:00am (80)		
13 15 ages	5:00pm	6:00pm	5:00pm (80)	6:00pm	5:00pm (90)	Speed/Str.		
	6:30pm		Speed/Str.		Speed/Str.			
<b>Strength</b>		7:00pm	6:30pm	7:00pm				<b>KEY</b>
<b>TP II</b>		2:45pm (80)		2:45pm (80)	3:00pm	12:30pm (80)		<b>JS I-</b> Jump Start
15 -18 ages	5:30pm (80)	5:30pm	5:30pm (80)	5:30pm	5:00pm (80)	Speed/Str.		<b>JS II-</b> Jump Start
	Speed/Str.	6:45pm (80)		6:45pm (80)	Speed/Str.			<b>TP I-</b> Total Performance (80 min.) Combination of speed and strength session
<b>Strength</b>	7:30pm	Speed/Str.	7:30pm	Speed/Str.				
<b>Eval</b>	<i>By scheduled appointment only</i>							<b>TP II-</b> Total Performance (80 min.) Combination of speed and strength session
	<i>Please call (281) 497-7570</i>							<b>P.E.A.K.-</b> Parisi Elite Athletic Knowledge <b>(Invite only)</b>



[Current/Active Member Online registration](#)