

PARISI MEMBERSHIP CLASS SCHEDULE

SCHEDULE STARTING AUGUST 29TH

Monday			
4:00-5:00	JS1 & JS2 COD	TP1 & TP2 LS	
5:00-6:00	SPEEDY TOTS	STRENGTH	
6:00-7:00	JS1 & JS2 LS	TP1 & TP2 COD	
8:00PM	READING EXPRESS		

Tuesday			
4:00-5:00	JS1 & JS2 LS	TP2 COD	
5:00-6:00	PEAK	TP1 & TP2 LS	
6:00-7:00	JS1 & JS2 COD	ADULTS	

Wednesday			
4:00-5:00	JS1 & JS2 COD	TP1 & TP2 LS	
5:00-6:00	SPEEDY TOTS	STRENGTH	
6:00-7:00	JS1 & JS2 LS	TP1 & TP2 COD	
8:00PM	READING EXPRESS		

Thursday			
4:00-5:00	JS1 & JS2 LS	TP2 COD	
5:00-6:00	PEAK	TP1 & TP2 LS	
6:00-7:00	JS1 & JS2 COD	ADULTS	

Friday			
4:00-5:00	TP1 & TP2		
5:00-6:00	JS1 & JS2		
7:00PM	READING EXPRESS		
Saturday			
9:00-10:00	ADULTS	JS1 & JS2	
10:00-11:00	TP1 & TP2	SPEEDY TOTS	
11:00- 12:00	PEAK/STRENGTH		

Jump Start (JS1)- Ages 7-10
 Jump Start (JS2)-Ages 10-11 & TP1 Ages 12-13
 Total Performance (TP2)-Ages 14-18
 Adults-18 and Up
 Strength-Ages 12 and older
 Speedy TOTS- Ages 3-6
 Peak- Ages 16-21 High Performance HS/College/Prof.

LS-Linear Speed
 COD= Change of Direction

*Schedules are subject to change

CatClub Challenge will be the LAST MONDAY of every month at 4:30 and 6:30pm. NO membership classes on those evenings!!

