



# PARISI®

Powered by CLUBFITNESS GREENSBORO SPEED SCHOOL

## Fall-Winter 2019-2020 SCHEDULE

**\*Speed & Conditioning Sessions**

**\*Strength Sessions**



Effective Aug 26, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3:30pm		3:30pm	
	Total Conditioning		Total Conditioning	
4:30pm	4:30pm	4:30pm	4:30pm	4:30pm
JumpStart 1	JumpStart 1	JumpStart 1	JumpStart 1	JumpStart 1
5:30pm	5:30pm	5:30pm	5:30pm	5:30pm
JumpStart 2	JumpStart 2	JumpStart 2	JumpStart 2	JumpStart 2
6:30pm	6:30pm	6:30pm	6:30pm	6:30pm
Total Perf 1 & 2	Total Perf 1 & 2	Total Perf 1 & 2	Total Perf 1 & 2	Total Perf 1 & 2

Please let your Performance Coach know you will attend PRIOR to your training session day/time. Call (336) 478-2663

**LATE POLICY**-Athlete are allowed a 10 minute grace period, After 10 minutes the performance coach will use his/her discretion to decide if the athlete may participate in class. THIS POLICY IS MADE WITH THE ATHLETE'S SAFETY IN MIND. All athletes need to be properly warmed up to prevent injury & perform well.

Parisi Director: Lara Gallert (336) 851-1890 ext 1202 or lgallert@clubfitnessgso.com

ClubFitness Oak Branch: 21-A Oak Branch Drive, Greensboro, NC 27407



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