



PARISI®

Powered by CLUBFITNESS GREENSBORO SPEED SCHOOL

SUMMER 2019 SCHEDULE

*Speed & Conditioning Sessions

*Strength Sessions



Effective June 10-Aug 23, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:30am		9:30am	
	JumpStart 1 & 2		JumpStart 1 & 2	
	10:30am		10:30am	
	Total Perf 1 & 2		Total Perf 1 & 2	
4:30pm	4:30pm	4:30pm	4:30pm	4:30pm
JumpStart 1	Total Conditioning	JumpStart 1	Total Conditioning	JumpStart 1
5:30pm	5:30pm	5:30pm	5:30pm	5:30pm
JumpStart 1 & 2	JumpStart 1 & 2	JumpStart 1 & 2	JumpStart 1 & 2	JumpStart 1 & 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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