

SCHEDULE **PARISI SPEED SCHOOL**

MONDAY

4:30 pm PSS Acceleration
5:00 pm PSS Acceleration

TUESDAY

4:30 pm PSS Strength
5:00 pm PSS Strength

WEDNESDAY

4:30 pm PSS Top Speed
5:00 pm PSS Top Speed

THURSDAY

4:30 pm PSS
Change of Direction

5:00 pm PSS
Change of Direction

FRIDAY

SATURDAY

10:00 am Total Conditioning