

SCHEDULE **PARISI SPEED SCHOOL**

MONDAY

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

TUESDAY

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

WEDNESDAY

4:30 pm PSS
Change of Direction

5:30 pm PSS
Change of Direction

THURSDAY

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

FRIDAY

SATURDAY

10:00 am Total Conditioning