



Centers for
Orthopaedics
Experience in Motion



Parisi Class Membership Schedule (Summer) Beginning June 15th

Monday	Tuesday	Wednesday	Thursday	Friday
7:00am-8:00am Adult Conditioning 7:00am-8:00am TPIII/College Strength 8:00am-9:00am TPII Strength-Inter. 9:00am-10:00am Jump Start I 10:00am-11:00am TPI Strength-Beg. 4:00pm-5:00pm TPII Linear Speed 5:00pm-6:00pm TPI Strength-Inter. 5:00pm-6:00pm Jump Start II 6:00pm-7:00pm TPI Linear Speed 6:00pm-7:00pm TPII Strength-Beg. 6:00pm-7:00pm TPIII/College - Change of Direction 6:30pm-7:30pm Orientation 7:00pm-8:00pm Total Conditioning I	7:00am-8:00am TPIII/College Linear Speed 8:00am-9:00am TPII Strength-Beg. 9:00am-10:00am Jump Start II 10:00am-11:00am TPI Strength-Inter. 4:00pm-5:00pm TPII Change of Direction 4:00pm-5:00pm TPI Strength-Beg. 5:00pm-6:00pm Total Conditioning II 5:00pm-6:00pm Jump Start I 6:00pm-7:00pm TPI Change of Direction 6:00pm-7:00pm TPII Strength-Inter. 7:00pm-8:00pm Adult Conditioning	7:00am-8:00am Adult Conditioning 7:00am-8:00am TPIII/College Strength 8:00am-9:00am TPII Strength-Inter. 9:00am-10:00am Total Conditioning I 10:00am-11:00am TPI Strength-Beg. 4:00pm-5:00pm Total Conditioning II 4:00pm-5:00pm TPI Strength-Inter. 5:00pm-6:00pm TPI Change of Direction 5:00pm-6:00pm TPII Strength-Beg. 6:00pm-7:00pm Total Conditioning I 6:00pm-7:00pm TPII Change of Direction 7:00pm-8:00pm ACL Reconditioning	7:00am-8:00am TPIII/College Change of Direction 8:00am-9:00am TPII Strength-Beg. 9:00am-10:00am Jump Start I 10:00am-11:00am TPI Strength-Inter. 4:00pm-5:00pm TPII Linear Speed 4:00pm-5:00pm TPI Strength-Beg. 5:00pm-6:00pm Total Conditioning II 5:00pm-6:00pm Total Conditioning I 6:00pm-7:00pm Jump Start II 6:00pm-7:00pm TPI Linear Speed 6:00pm-7:00pm TPII Strength-Inter. 6:30pm-7:30pm Orientation 7:00pm-8:00pm Adult Conditioning	7:00am-8:00am Adult Conditioning 7:00am-8:00am TPIII/College Strength 8:00am-9:00am TPII Strength-Open 9:00am-10:00am Jump Start II 10:00am-11:00am TPI Strength-Open 4:00pm-5:00pm Total Conditioning II 5:00pm-6:00pm TPI Strength-Open 5:00pm-6:00pm Total Conditioning I 6:00pm-7:00pm TPII Strength-Open 6:00pm-7:00pm Jump Start I

**Hours of Operation: Monday thru Thursday 7:00am to 8:00pm Fridays 7:00am to 7:00pm.
For Private and Semi-Private Sessions call (207) 710-5509 to book during open time.**