



Centers for
Orthopaedics
Experience in Motion



Parisi Class Membership Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-7:00am Cycling Class 7:00-8:00am Adult Conditioning 12:00-1:00pm Endurance (thru 4/1) 1:00-2:00pm Tactical Athlete 3:00-4:00pm TP Strength OPEN 4:30-5:30pm TPI Linear Speed 5:00-6:00pm TP Strength OPEN 5:30-6:30pm Total Conditioning II 5:30-6:30pm Total Conditioning I 6:00-7:00pm TPI Strength 6:00-7:00pm TPII Change of Direction 6:30-7:30pm Jump Start II 7:00-8:00pm TPII Strength	3:00-4:00pm TP Strength OPEN 4:30-5:30pm TPI Strength 4:30-5:30pm Total Conditioning I 5:00-6:00pm TPI Linear Speed 5:30-6:30pm Jump Start II 6:00-7:00pm Total Conditioning II 6:00-7:00pm TPII Linear Speed 6:00-7:15pm Cycling Class 6:30-7:30pm Jump Start I 7:00-8:00pm TPII Strength 7:30-8:30pm Endurance (thru 4/1) 8:00-9:00pm Adult Conditioning	5:45-7:00am Cycling Class 7:00-8:00am Adult Conditioning 12:00-1:00pm Endurance (thru 4/1) 1:00-2:00pm Tactical Athlete 3:00-4:00pm TP Strength OPEN 4:00-5:00pm TPII Linear Speed 4:00-5:00pm Total Conditioning I 4:30-5:30pm Total Conditioning II 5:00-6:00pm TP Strength OPEN 5:00-6:00pm Jump Start I 5:30-6:30pm Jump Start II 6:00-7:00pm TPI Strength 6:00-7:00pm TPI Change of Direction 7:00-8:00pm TPII Strength 8:00-9:00pm Transitional Program	3:00-4:00pm TP Strength OPEN 4:30-5:30pm Total Conditioning I 4:30-5:30pm TPI Strength 5:00-6:00pm Jump Start II 5:00-6:00pm Total Conditioning II 5:30-6:30pm TPII Change of Direction 6:00-7:00pm TPI Linear Speed 6:00-7:00pm Jump Start I 6:00-7:15pm Cycling Class 6:30-7:30pm TPII Strength 7:30-8:30pm Endurance (thru 4/1) 8:00-9:00pm Adult Conditioning	5:45-7:00am Cycling Class 7:00-8:00am Adult Conditioning 1:00-2:00pm Tactical Athlete 3:00-4:00pm TP Strength OPEN 4:30-5:30pm TPII Linear Speed 5:00-6:00pm TPI Change of Direction 5:30-6:30pm Total Conditioning II 5:30-6:30pm Total Conditioning I 6:00-7:00pm TPI Strength 7:00-8:00pm TPII Strength	8:00-9:30am Cycling Class 9:00-10:00am TPI Strength 10:00-11:00am TPII Strength 11:00-12:00pm Total Conditioning II 12:30-1:30pm TPI Open Speed 1:30-2:30pm Total Conditioning I 2:30-3:30pm TPII Open Speed

Hours of Operation:

Monday - Thursday 7:00am to 9:00pm Fridays 7:00am to 8:00pm Saturday 8:00am to 4:30pm
For Private and Semi-Private Sessions call (207) 710-5509 to book during open time.