



"Developing the superior athlete"

2010 FALL SCHEDULE

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Total Conditioning III 6 - 7 a.m.	Total Conditioning III 6 - 7a.m.	Total Conditioning III 6 - 7a.m.	Total Conditioning III 6 - 7a.m.	Total Conditioning III 6 - 7a.m.	OPEN Strength 9 - 10 a.m.
Total Conditioning III 7 - 8 a.m.	Total Conditioning III 7 - 8 a.m.	Total Conditioning III 7 - 8 a.m.	Total Conditioning III 7 - 8 a.m.	Total Conditioning III 7 - 8 a.m.	Jumpstart 10 - 11 a.m.
OPEN Strength 3 - 4 p.m.	OPEN Speed 3 - 4 p.m.	OPEN Strength 3 - 4 p.m.	OPEN Speed 3 - 4 p.m.	OPEN Strength 3 - 4 p.m.	OPEN Speed 11 - 12 p.m.
OPEN Speed 3:30 - 4:40 p.m.	OPEN Strength 3:30 - 4:30 p.m.	Total Conditioning II 4:30 - 5:30 p.m.	OPEN Strength 3:30 - 4:30 p.m.	OPEN Speed 3:30 - 4:30 p.m.	OPEN Strength 12 - 1 p.m.
TPI Strength 5 - 6 p.m.	Total Conditioning II 5 - 6 p.m.	TPII Linear Speed 5 - 6 p.m.	TPII Change of Direction 5 - 6 p.m.	Total Conditioning II 5 - 6 p.m.	
Jumpstart 5:30 - 6:30 p.m.	Jumpstart 5 - 6 p.m.	TPI Strength 5 - 6 p.m.	Jumpstart 5 - 6 p.m.	Jumpstart 5 - 6 p.m.	
TPI Linear Speed 6 - 7 p.m.	Total Conditioning I 6 - 7 p.m.	Jumpstart 6 - 7 p.m.	TPI Change of Direction 6 - 7 p.m.	OPEN Speed 6 - 7 p.m.	
TPII Linear Speed 7 - 8 p.m.	TPI Change of Direction 6 - 7 p.m.	TPI Linear Speed 6 - 7 p.m.	Total Conditioning I 6 - 7 p.m.	OPEN Strength 7 - 8 p.m.	
OPEN Strength 7 - 8 p.m.	TPII Change of Direction 7 - 8 p.m.	OPEN Strength 7 - 8 p.m.	OPEN Strength 7 - 8 p.m.		
	OPEN Strength 7 - 8 p.m.	ACL Reconditioning Class 7 - 8 p.m.			

Hours of Operation:
 Monday – Friday 7:00am to 8:00pm
 Saturday 9:00am to 1:00pm
 (207) 710-5509
www.orthoassociates.com/parisi