



2020 ADULT AUGUST SCHEDULE

Begins August 3rd-September 6th



Welcome Back!
You must pre-book
your classes

Indicates New or Class Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am-9:00am POW! Strength & Conditioning	VIRTUAL 8:00-8:30am Morning Mobility & Lower Back	VIRTUAL 8:00-8:45am POW! Strength & Conditioning	VIRTUAL 12:15pm-1:00pm Cardio Boxing & Killer Abs		9:00am-10:00am POW! Strength & Conditioning	
5:30pm-6:30pm Cardio Boxing & Killer Abs	12:15p-1:00pm POW! Strength & Conditioning	8:00-9:00am POW! Strength & Conditioning				
	4:00 - 5:00pm Muay Thai Bag	12:15 - 1:00pm Muay Thai Bags & Drills	12:15pm-1:00pm Cardio Boxing & Killer Abs		10am-11:00am Muay Thai Bag	
		OUTDOOR 5:30pm-6:30pm Boxing Bag & Conditioning Training		12:15p-1:00pm Cardio Boxing & Killer Abs		
6:30pm-7:30pm Strength: Olympic Lifting	INDOOR & OUTDOOR 5:30 - 6:30pm POW! Strength & Conditioning	6:00pm-7:00pm POW! Strength & Conditioning	5:30 - 6:30pm POW! Strength & Conditioning		OUTDOOR 11:00am-12:00pm Boxing Bag & Conditioning Training	OPEN ONLY FOR PRIVATE SESSIONS
Hours - 8am to 8pm	Hours - 8am to 8pm	Hours - 8am to 8pm	Hours - 8am to 8pm	Hours 8am to 4pm	Hours 9am to 1pm	CLOSED

VIRTUAL CLASSES ARE GOING TO BE A HYBRID. We are going to test a few onsite classes that will be broadcasted on ZOOM Live for our virtual members. These classes will NOT be recorded. You can participate through zoom or pre-book participation onsite. Limited onsite space. Virtual classes will still require registration via ZOOM. Registration just means you enter your name upon joining classes.

Schedule for July 2020

Starts 7/30


Class Codes:

TC = Total Conditioning JS = Jump Start
 TP = Total Performance ELITE = 16+ yrs
 Evaluation scheduled upon request daily.

ALL athletes must pre-register for classes via website, online app, or call 312.829.7699.

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MON	TUES	WED	THURS	FRI	SAT	SUN
5:30-6:30pm TP: Strength (12+ yrs)	VIRTUAL 8:00-8:30am Morning Mobility & Lower Back	10:00am-11:00am TP: Speed (12+ yrs)	4:30-5:30pm Jump Start (7-12yrs)		10:00am-11:00am Jump Start (7-12yrs)	OPEN ONLY FOR PRIVATE SESSIONS
	4:30-5:30pm Jump Start (7-12yrs)	4:00p-4:45pm Total Conditioning (10+ yrs)		10:00am-11:00am TP: Speed (12+ yrs)		
6:30p-7:30pm ELITE Strength: Olympic Lifting (16+ yrs & Permission)	5:30pm-6:30pm ELITE Strength & Conditioning (16+ yrs & Permission)	6:00pm-7:00pm ELITE Strength & Conditioning (16+ yrs & Permission)	5:30pm-6:30pm TP: Speed (12+ yrs)		11:00am-12:00pm TP: Strength (12+ yrs)	

* ALL ELITE Athletes **must** be pre-approved by Parisi Staff in order to attend class. High School Varsity and JV select program.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:15 - 5:00pm Thai Kickboxing Bag Training & Conditioning (8+ yrs)	5:00p-6:00p Teen Boxing (13+ yrs)	4:00pm-4:45pm Pee Wee Parisi (6 and 7 years)	4:15 - 5:00pm Teen Boxing (13+ yrs)		9:00am-9:45am Boxing All Levels 8+ yrs	OPEN ONLY FOR PRIVATE SESSIONS
ALL CLASSES MUST BE PRE-BOOKED	ALL CLASSES MUST BE PRE-BOOKED	4:00p-4:45pm Total Conditioning (8+ yrs)		OPEN ONLY FOR PRIVATE SESSIONS		
MUST HAVE YOUR OWN GEAR. GEAR AVAILABLE FOR PURCHASE ONSITE.	MUST HAVE YOUR OWN GEAR. GEAR AVAILABLE FOR PURCHASE ONSITE.	ALL CLASSES MUST BE PRE-BOOKED	ALL CLASSES MUST BE PRE-BOOKED		ALL CLASSES MUST BE PRE-BOOKED	
		5:00p-5:45pm Boxing All Levels 8+ yrs	MUST HAVE YOUR OWN GEAR. GEAR AVAILABLE FOR PURCHASE ONSITE		MUST HAVE YOUR OWN GEAR. GEAR AVAILABLE FOR PURCHASE ONSITE.	
		ALL CLASSES MUST BE PRE-BOOKED				
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