



# SPORTS PERFORMANCE CLASS SCHEDULE

842 Clark Ave Bristol, located in Healthtrax  
 860-314-0122    [www.parisischool.com](http://www.parisischool.com)    [info@parisibristol.com](mailto:info@parisibristol.com)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>LS</b> Linear Speed <b>COD</b> Change of Direction <b>TBS</b> Total Body Strength	4:30 TP1/TP 2 TBS 5:30 JS Speed and Agility 6:30 TP1/TP 2 TBS  <b>CAT CLUB CHALLENGE DAY</b> is every 3rd Mon of month 5:30 for JS Athletes and 7pm for PEAK and TP Athletes	<b>4:30</b> TP1/TP 2 COD <b>5:30</b> JS STRENGTH <b>6:30</b> TP1 & TP 2 LS	4:30 TP1/TP 2 TBS 5:30 Speed and Agility 6:30 TP1/TP 2 TBS	4:30 TP1 LS 5:30 JS Total Conditioning 6:30 TP1 COD	4:30 TP1/TP2 COD 5:30 JS TC/Games	10am JS Linear Speed 11 TP1 & TP2 Game Speed




- Youth Preseason Baseball and Softball Camps start in February
- Youth Catcher's Camp | March 2019
- DK Training Memberships
- 1-on-1 Private Training
- Cage and Facility Rentals
- 2019 Disney World Tournament Teams
- Birthday Parties
- Baseball and Softball Strength Programs

Please visit [www.dkacademy.com](http://www.dkacademy.com) to register or for more information

**Please tell us of any accomplishments or milestones you have achieved!**

*Email any photos, clippings, or story links to [info@parisibristol.com](mailto:info@parisibristol.com)*

**BRING A FRIEND  
 ANY DAY FOR ONE FREE CLASS!**



## TEAM CAMPS

Parisi Speed School's Team Training program is designed for Connecticut coaches who are serious about helping their team reach their physical potential, reduce the risk of injury, and bolster team unity. We specialize in administering team training, camps, combines, and clinics.

The Parisi Method 4 (PM4) is a revolutionary team training program that incorporates four fundamental and essential elements of training. Contact us today for to get your team started!