



**310 HealthQuest Blvd, Flemington
908-455-1833**

**College Athletes
Week-to-Week
May- June 25
Schedule**

Total Performance 2

Linear Speed				Change of Direction			Full Body				
Monday	3pm		6pm	Monday	5pm	7pm	Monday	3pm		6pm	
Tuesday		4pm		Tuesday	3pm	6pm	Tuesday	3pm	5pm	7pm	
Wednesday	3pm		6pm	Wednesday		5pm	7pm	Wednesday	3pm	6pm	
Thursday		4pm	5pm	6pm	Thursday	3pm	6pm	Thursday	3pm	5pm	7pm
Friday	3pm			Friday		5pm	7pm	Friday	3pm	6pm	
Saturday	9am			Saturday	12pm			Saturday	10am	11am	

Schedule classes online at : <https://www.parisispeed-flemington.com/schedule-sessions>
or on our Parisi Speed School at HealthQuest App available in the Apple Store.