



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

Schedule of Classes TP2

**June 25th - August 30
Schedule**

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.

| Strength | | | | | | |
|-----------------|------|------|------|-----|-----|-----|
| Monday | | | 12pm | 2pm | | 5pm |
| Tuesday | 10am | | | 2pm | 4pm | |
| Wednesday | | | 12pm | 2pm | | 5pm |
| Thursday | 10am | | | 2pm | 4pm | |
| Friday | | | 12pm | 2pm | | 5pm |
| Saturday | 10am | 11am | | | | |

| Linear Speed | | | | | | |
|---------------------|-----|-----|-----|-----|--|--|
| Monday | | | | 6pm | | |
| Tuesday | | 3pm | 5pm | | | |
| Wednesday | | | | 6pm | | |
| Thursday | | 3pm | 5pm | | | |
| Friday | | | | 6pm | | |
| Saturday | 9am | | | | | |

| Strength | | | | | | |
|-----------------|------|------|------|-----|-----|-----|
| Monday | | | 12pm | 2pm | | 5pm |
| Tuesday | 10am | | | 2pm | 4pm | |
| Wednesday | | | 12pm | 2pm | | 5pm |
| Thursday | 10am | | | 2pm | 4pm | |
| Friday | | | 12pm | 2pm | | 5pm |
| Saturday | 10am | 11am | | | | |

The schedule may change as conditions warrant..