

**2019 SCHEDULE**

**YOUTH PROGRAMMING**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5:30PM</b>	<b>JS</b>	<b>JS</b>	<b>JS</b>	<b>JS</b>	<b>JS</b>	<b>10:00AM JS</b>
<b>6:30PM</b>	<b>TP</b> LINEAR SPEED	<b>TP</b> CHANGE OF DIRECTION	<b>TP</b> LINEAR SPEED	<b>TP</b> CHANGE OF DIRECTION		<b>11:00AM TP</b> STRENGTH
<b>7:30PM</b>	<b>TP</b> STRENGTH	<b>TP</b> STRENGTH	<b>TP</b> STRENGTH	<b>TP</b> STRENGTH		

**ADULT PROGRAMMING**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>9:00AM</b>	STRENGTH AND CONDITIONING		STRENGTH AND CONDITIONING	
<b>6:30PM</b>	OBSTACLE COURSE TRAINING	STRENGTH AND CONDITIONING	OBSTACLE COURSE TRAINING	Endurance Training



Certified Spartan Obstacle Classes

**JS** = JUMP START  
**TP** = TOTAL PERFORMANCE



**985-685-1466**  
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