



Schedules online at www.ddaonline.com

Call to Schedule your Free Demo Class or Athletic Performance Evaluation

Level 1 Age 7+	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:30pm	Acceleration	Conditioning	Change of Direction	Conditioning	Top Speed	
	5:30pm	Acceleration	Conditioning	Change of Direction	Conditioning	Top Speed	
	6:30pm						

Level 2 Age 13+	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:30pm	Acceleration	Conditioning	Change of Direction	Conditioning	Top Speed	
	5:30pm	Acceleration	Conditioning	Change of Direction	Conditioning	Top Speed	
	6:30pm						

Level 3 Age 16+	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3:30pm	Acceleration	Conditioning	Change of Direction	Conditioning	Top Speed	
	4:30pm						
	5:30pm						
	6:30pm	Acceleration	Conditioning	Change of Direction	Conditioning	Top Speed	

<p>Please notify your instructor prior to participation if you have health concerns.</p>	<p>Parisi Speed School parisi@ddaonline.com (775) 851-7171 #230</p>	<p>Classes are first come first served. To reserve a spot, call the Front Desk. Cost is \$1. Must have active House Account.</p>
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Effective August 25th 2010