



Velocity Sports Performance



Winter 2012 SCHEDULE*

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth Sports Performance	4:30 PM 6:30 PM	4:30 PM 6:30 PM	4:30 PM 5:30 PM 6:30 PM	4:00 PM 5:30 PM 6:30 PM	5:00 PM	9:00 AM	CLOSED
Sports Performance Dev 1	5:30 PM 7:30 PM	<i>5:30 PM</i> <i>7:30 PM</i>	5:30 PM 7:30 PM	<i>5:00 PM</i> <i>7:30 PM</i>	<i>6:00 PM</i>	<i>10:00 AM</i>	CLOSED
Peak Performance Dev 1	3:30 PM 6:30 PM	<i>3:30 PM</i> <i>7:00 PM</i>	3:30 PM 6:30 PM	<i>3:30 PM</i> <i>7:00 PM</i>	<i>3:30 PM</i>	<i>11:00 AM</i>	CLOSED
Sports Performance Dev 2	3:30 PM 7:30 PM	<i>5:00 PM</i>	3:30 PM 7:30 PM	<i>5:00 PM</i> <i>6:00 PM</i>	<i>6:00 PM</i>	<i>10:00 AM</i>	CLOSED
Peak Performance Dev 2	3:30 PM 5:00 PM 8:00 PM	<i>3:30 PM</i> <i>5:00 PM</i> 7:30 PM	3:30 PM 5:00 PM 8:00 PM	<i>3:30 PM</i> <i>5:00 PM</i> 7:30 PM	<i>3:30 PM</i>	<i>11:00 AM</i>	CLOSED
Adult Training	^A 6:30 AM ^A 7:30 AM ^A 9:30 AM ^A5:00 PM ^A 6:30 PM	^A 11:00 AM ^A 4:30 PM ^A 6:30 PM	^A 6:30 AM ^A 7:30 AM ^A 9:30 AM ^A5:00 PM ^A 6:30 PM	^A 12:00 PM ^A 4:30 PM ^A 6:30 PM	^A 6:30 AM ^A 7:30 AM ^A 9:30 AM	9:00 AM	CLOSED

Italicized times age groups may be combined

TPI GROUP CLASSES WITH TPI Certified Coach Travis

** Please call 973.560.0550 to schedule your classes. Or visit the website @ www.velocitysp.com/parsippany.