

Time	Mon	Tue	Wed	Thurs	Fri	Time	Sat
3:30 Ages 7-11	JAM!!! RICHIE	JAM!!! TYNAN	JAM!!! RICHIE	JAM!!! SHANNON	JAM!!! SHANNON	9	Play Hard RICHIE CESAR
3:30 Ages 9-11	Total Performance Level 1-2 TYNAN	Total Performance Level 1-2 RICHIE	Total Performance Level 1-2 TYNAN	Total Performance Level 1-2 TED	Total Performance Level 1-2 TYNAN	10 Ages 7-11	JAM!! RICHIE
4:30 Ages 7-11	JAM!!! RICHIE	JAM!!! RICHIE	JAM!!! RICHIE	JAM!!! SHANNON	JAM!!! RICHIE	10 Ages 11-13	Total Performance Level 1 CESAR
4:30 Ages 12-13	Total Performance Level 1-2 TYNAN	Total Performance Level 1-2 TED	Total Performance Level 1-2 TYNAN	Total Performance Level 1-2 TED	Total Performance Level 1-2 TYNAN	11 High School	Total Performance Level 1-2 CESAR
5 High School	PEAK STRENGTH TED		PEAK STRENGTH TED				
5:30 Ages 12-14	Total Performance Level 1-2 TYNAN/RICHIE	Total Performance Level 1-2 TED/RICHIE	Total Performance Level 1-2 TYNAN/RICHIE	Total Performance Level 1-2 TED/SHANNON	Total Performance Level 1-2 TYNAN/RICHIE		
6 High School	PEAK STRENGTH TED		PEAK STRENGTH TED				
6:30 High School	Total Performance Level 1-2 TYNAN	Total Performance Level 1-2 TYNAN	Total Performance Level 1-2 TYNAN	Total Performance Level 1-2 TED			
7	SPORTS SPECIFIC BASEBALL	TEAM TRAINING	TEAM TRAINING	SPORTS SPECIFIC BASEBALL			

January 1st, 2010

Parent Guidelines:

- Please stay with your child until the class starts. Be sure to WALK them through the club area.
- Be sure to pick up your child promptly at the end of the hour, as we have classes back to back. If we have to place kids in the childcare room, some additional fees may apply.
- Children are NOT allowed to use any equipment in the club, including weights, machines, and cardio equipment unless approved by a Parisi Speed Coach.
- Parents are allowed to watch (although we think it's best if you don't) by either sitting on the cubbies under the Cat Club Boards or sitting outside. Please do not sit on equipment or hang out on club floor as we have members and trainers who need the equipment.
- No food or gum allowed on the track. Kids should have their own water bottles (no glass please).
- While your child is enrolled in our program we encourage parents to use the club as it is such a positive example for the children. Parents may pay a \$10 per visit fee or discuss a month to month option with a membership representative. We have tailored many of the adult group classes to match the Parisi schedule so you can workout at the same time.
- Please let us know if you have any questions. info@breakthrufitness.com or 626.396.1700