

## Training for Warriors Schedule



**TFW**  
·TRAINING FOR WARRIORS·

### **TFW Morning Schedule**

Monday-Friday:

- 9:30am-10:30am
- 10:30am-11:30am

### **TFW Evening Schedule**

Monday-Friday:

- 6:30pm-7:30pm

\*Saturday: 10am-11am

## Houze of Sports Schedule



### **Parisi Schedule:**

**Jumpstart 1:** Monday-Friday

4:30pm-5:30pm

\*Saturday Jumpstart 10am

**Jumpstart 2:** Monday-Friday

5:30pm-6:30pm

\*Saturday Jumpstart 10am

**Total Performance 2:** Monday-Friday

6:30pm-7:30pm

\*Saturday Total Performance 11am