

Hitters Rx Schedule

(Mondays and Thursdays)

| # | Day | Date | Approx. Duration | Activity | Time |
|----|----------|--------|-----------------------------------|------------------|---------------------|
| 1 | Monday | 9-Nov | 60 Min | Strength | Pre-Designated Time |
| 2 | Thursday | 12-Nov | 60 Min | Strength | Pre-Designated Time |
| 3 | Monday | 16-Nov | 60 Min | Strength | Pre-Designated Time |
| 4 | Thursday | 19-Nov | 60 Min | Strength | Pre-Designated Time |
| 5 | Monday | 23-Nov | 60 Min | Strength | Pre-Designated Time |
| 6 | Thursday | 26-Nov | No Session - Thanksgiving Weekend | | |
| 7 | Monday | 30-Nov | 60 Min | Strength | Pre-Designated Time |
| 8 | Thursday | 3-Dec | 120 Min | Hitting/Strength | Pre-Designated Time |
| 9 | Monday | 7-Dec | 120 Min | Hitting/Strength | Pre-Designated Time |
| 10 | Thursday | 10-Dec | 120 Min | Hitting/Strength | Pre-Designated Time |
| 11 | Monday | 14-Dec | 120 Min | Hitting/Strength | Pre-Designated Time |
| 12 | Thursday | 17-Dec | 120 Min | Hitting/Strength | Pre-Designated Time |
| 13 | Monday | 21-Dec | 120 Min | Hitting/Strength | Pre-Designated Time |
| 14 | Thursday | 24-Dec | No Session - Holiday Week | | |
| 15 | Monday | 28-Dec | No Session - Holiday Week | | |
| 16 | Thursday | 31-Dec | No Session - Holiday Week | | |
| 17 | Monday | 4-Jan | 120 Min | Hitting/Strength | Pre-Designated Time |
| 18 | Thursday | 7-Jan | 120 Min | Hitting/Strength | Pre-Designated Time |
| 19 | Monday | 11-Jan | 120 Min | Hitting/Strength | Pre-Designated Time |
| 20 | Thursday | 14-Jan | 120 Min | Hitting/Strength | Pre-Designated Time |
| 21 | Monday | 18-Jan | 120 Min | Hitting/Strength | Pre-Designated Time |
| 22 | Thursday | 21-Jan | 120 Min | Hitting/Strength | Pre-Designated Time |
| 23 | Monday | 25-Jan | 120 Min | Hitting/Strength | Pre-Designated Time |
| 24 | Thursday | 28-Jan | 120 Min | Hitting/Strength | Pre-Designated Time |
| 25 | Monday | 1-Feb | 120 Min | Hitting/Strength | Pre-Designated Time |
| 26 | Thursday | 4-Feb | 120 Min | Hitting/Strength | Pre-Designated Time |
| 27 | Monday | 8-Feb | 120 Min | Hitting/Strength | Pre-Designated Time |
| 28 | Thursday | 11-Feb | 120 Min | Hitting/Strength | Pre-Designated Time |
| 29 | Monday | 15-Feb | 120 Min | Hitting/Strength | Pre-Designated Time |
| 30 | Thursday | 18-Feb | 120 Min | Hitting/Strength | Pre-Designated Time |
| 31 | Monday | 22-Feb | 120 Min | Hitting/Strength | Pre-Designated Time |
| 32 | Thursday | 25-Feb | 120 Min | Hitting/Strength | Pre-Designated Time |
| 33 | Monday | 1-Mar | 120 Min | Hitting/Strength | Pre-Designated Time |