

# Pitching Lab Schedule

*(Mondays and Thursdays)*

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