

# Pitching Lab Schedule

*(Mondays and Thursdays)*

#	Day	Date	Approx. Duration	Activity	Time
1	Monday	30-Oct	90 Min	Assessment	Pre-Designated Time
2	Thursday	2-Nov	75 Min	Strength	Pre-Designated Time
3	Monday	6-Nov	75 Min	Strength	Pre-Designated Time
4	Thursday	9-Nov	75 Min	Strength	Pre-Designated Time
5	Monday	13-Nov	75 Min	Strength	Pre-Designated Time
6	Thursday	16-Nov	75 Min	Strength	Pre-Designated Time
7	Monday	20-Nov	75 Min	Strength	Pre-Designated Time
8	Thursday	23-Nov	No Session - Thanksgiving Weekend		
9	Monday	27-Nov	75 Min	Strength	Pre-Designated Time
10	Thursday	30-Nov	75 Min	Strength	Pre-Designated Time
11	Monday	4-Dec	75 Min	Strength	Pre-Designated Time
12	Thursday	7-Dec	75 Min	Strength	Pre-Designated Time
13	Monday	11-Dec	75 Min	Pitching/Strength	Pre-Designated Time
14	Thursday	14-Dec	120 Min	Pitching/Strength	Pre-Designated Time
15	Monday	18-Dec	120 Min	Pitching/Strength	Pre-Designated Time
16	Thursday	21-Dec	120 Min	Pitching/Strength	Pre-Designated Time
17	Monday	25-Dec	No Session - Holiday Week		
18	Thursday	28-Dec	No Session - Holiday Week		
19	Monday	1-Jan	No Session - Holiday Week		
20	Thursday	4-Jan	120 Min	Pitching/Strength	Pre-Designated Time
21	Monday	8-Jan	120 Min	Pitching/Strength	Pre-Designated Time
22	Thursday	11-Jan	120 Min	Pitching/Strength	Pre-Designated Time
23	Monday	15-Jan	120 Min	Pitching/Strength	Pre-Designated Time
24	Thursday	18-Jan	120 Min	Pitching/Strength	Pre-Designated Time
25	Monday	22-Jan	120 Min	Pitching/Strength	Pre-Designated Time
26	Thursday	25-Jan	120 Min	Pitching/Strength	Pre-Designated Time
27	Monday	29-Jan	120 Min	Pitching/Strength	Pre-Designated Time
28	Thursday	1-Feb	120 Min	Pitching/Strength	Pre-Designated Time
29	Monday	5-Feb	120 Min	Pitching/Strength	Pre-Designated Time
30	Thursday	8-Feb	120 Min	Pitching/Strength	Pre-Designated Time
31	Monday	12-Feb	120 Min	Pitching/Strength	Pre-Designated Time
32	Thursday	15-Feb	120 Min	Pitching/Strength	Pre-Designated Time
33	Monday	19-Feb	120 Min	Pitching/Strength	Pre-Designated Time
34	Thursday	22-Feb	120 Min	Pitching/Assessment	Pre-Designated Time
	Sunday	25-Feb	LIVE (separate event)		
	Monday	26-Feb			
	Tuesday	27-Feb			