

Hitters Rx Schedule

(Mondays and Thursdays)

#	Day	Date	Approx. Duration	Activity	Time
1	Monday	06-Nov	75-90 Min	Assessment	Pre-Designated Time
2	Thursday	09-Nov	75 Min	Strength	Pre-Designated Time
3	Monday	13-Nov	75 Min	Strength	Pre-Designated Time
4	Thursday	16-Nov	75 Min	Strength	Pre-Designated Time
5	Monday	20-Nov	75 Min	Strength	Pre-Designated Time
6	Thursday	23-Nov	No Session - Thanksgiving Weekend		
7	Monday	27-Nov	75 Min	Strength	Pre-Designated Time
8	Thursday	30-Nov	120 Min	Strength	Pre-Designated Time
9	Monday	04-Dec	120 Min	Hitting/Strength	Pre-Designated Time
10	Thursday	07-Dec	120 Min	Hitting/Strength	Pre-Designated Time
11	Monday	11-Dec	120 Min	Hitting/Strength	Pre-Designated Time
12	Thursday	14-Dec	120 Min	Hitting/Strength	Pre-Designated Time
13	Monday	18-Dec	120 Min	Hitting/Strength	Pre-Designated Time
14	Thursday	21-Dec	120 Min	Hitting/Strength	Pre-Designated Time
15	Monday	25-Dec	No Session - Holiday Week		
16	Thursday	28-Dec	No Session - Holiday Week		
17	Monday	01-Jan	No Session - Holiday Week		
18	Thursday	04-Jan	120 Min	Hitting/Strength	Pre-Designated Time
19	Monday	08-Jan	120 Min	Hitting/Strength	Pre-Designated Time
20	Thursday	11-Jan	120 Min	Hitting/Strength	Pre-Designated Time
21	Monday	15-Jan	120 Min	Hitting/Strength	Pre-Designated Time
22	Thursday	18-Jan	120 Min	Hitting/Strength	Pre-Designated Time
23	Monday	22-Jan	120 Min	Hitting/Strength	Pre-Designated Time
24	Thursday	25-Jan	120 Min	Hitting/Strength	Pre-Designated Time
25	Monday	29-Jan	120 Min	Hitting/Strength	Pre-Designated Time
26	Thursday	01-Feb	120 Min	Hitting/Strength	Pre-Designated Time
27	Monday	05-Feb	120 Min	Hitting/Strength	Pre-Designated Time
28	Thursday	08-Feb	120 Min	Hitting/Strength	Pre-Designated Time
29	Monday	12-Feb	120 Min	Hitting/Strength	Pre-Designated Time
30	Thursday	15-Feb	120 Min	Hitting/Strength	Pre-Designated Time
31	Monday	19-Feb	120 Min	Hitting/Assessment	Pre-Designated Time
32	Thursday	22-Feb	120 Min	Hitting/Strength	Pre-Designated Time
	Sunday	25-Feb	LIVE (separate event)		
	Monday	26-Feb			
	Tuesday	27-Feb			