

# Hitters Rx Schedule

*(Tuesdays and Fridays)*

#	Day	Date	Approx. Duration	Activity	Time
1	Tuesday	07-Nov	75-90 Min	Assessment	Pre-Designated Time
2	Friday	10-Nov	75 Min	Strength	Pre-Designated Time
3	Tuesday	14-Nov	75 Min	Strength	Pre-Designated Time
4	Friday	17-Nov	75 Min	Strength	Pre-Designated Time
5	Tuesday	21-Nov	75 Min	Strength	Pre-Designated Time
6	Friday	24-Nov	No Session - Thanksgiving Weekend		
7	Tuesday	28-Nov	75 Min	Strength	Pre-Designated Time
8	Friday	01-Dec	120 Min	Strength	Pre-Designated Time
9	Tuesday	05-Dec	120 Min	Hitting/Strength	Pre-Designated Time
10	Friday	08-Dec	120 Min	Hitting/Strength	Pre-Designated Time
11	Tuesday	12-Dec	120 Min	Hitting/Strength	Pre-Designated Time
12	Friday	15-Dec	120 Min	Hitting/Strength	Pre-Designated Time
13	Tuesday	19-Dec	120 Min	Hitting/Strength	Pre-Designated Time
14	Friday	22-Dec	120 Min	Hitting/Strength	Pre-Designated Time
15	Tuesday	26-Dec	No Session - Holiday Week		
16	Friday	29-Dec	No Session - Holiday Week		
17	Tuesday	02-Jan	No Session - Holiday Week		
18	Friday	05-Jan	120 Min	Hitting/Strength	Pre-Designated Time
19	Tuesday	09-Jan	120 Min	Hitting/Strength	Pre-Designated Time
20	Friday	12-Jan	120 Min	Hitting/Strength	Pre-Designated Time
21	Tuesday	16-Jan	120 Min	Hitting/Strength	Pre-Designated Time
22	Friday	19-Jan	120 Min	Hitting/Strength	Pre-Designated Time
23	Tuesday	23-Jan	120 Min	Hitting/Strength	Pre-Designated Time
24	Friday	26-Jan	120 Min	Hitting/Strength	Pre-Designated Time
25	Tuesday	30-Jan	120 Min	Hitting/Strength	Pre-Designated Time
26	Friday	02-Feb	120 Min	Hitting/Strength	Pre-Designated Time
27	Tuesday	06-Feb	120 Min	Hitting/Strength	Pre-Designated Time
28	Friday	09-Feb	120 Min	Hitting/Strength	Pre-Designated Time
29	Tuesday	13-Feb	120 Min	Hitting/Strength	Pre-Designated Time
30	Friday	16-Feb	120 Min	Hitting/Strength	Pre-Designated Time
31	Tuesday	20-Feb	120 Min	Hitting/Assessment	Pre-Designated Time
32	Friday	23-Feb	120 Min	Hitting/Strength	Pre-Designated Time
	Sunday	25-Feb	LIVE (separate event)		
	Monday	26-Feb			
	Tuesday	27-Feb			