

# Pitching Lab Schedule

*(Tuesdays and Fridays)*

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