

# Pitching Lab Schedule

*(Wednesdays and Saturdays)*

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