

**2019**

# January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	01	02	03	04	05	06
07 PARISI-BLACK 3:30-4:30 WEIGHT ROOM- CARDINAL 3:00- 4:15	08 HITTING 3:30- 4:30-BLACK 4:30- 5:30 CARDINAL	09 PARISI-CARD 3:30-4:30 WEIGHT ROOM- BLACK 3:00-4:15	10 HITTING 3:30- 4:30 BLACK, 4:30-5:30 CARDINAL	11	12 PITCHER BULLPENS @ CHATFIELD 7AM- 9AM	13
14 PARISI-BLACK 3:30-4:30 WEIGHT ROOM- CARDINAL 3:00-	15 HITTING 3:30- 4:30 CARDINAL 4:30-5:30 BLACK	16 PARISI-CARD 3:30-4:30 WEIGHT ROOM- BLACK 3:00-4:15	17 HITTING 3:30- 4:30 CARDINAL 4:30-5:30 BLACK	18	19 PITCHER BULLPENS @ CHATFIELD 12PM-2PM	20
21 PARISI-BLACK 3:30-4:30 WEIGHT ROOM- CARDINAL 3:00- 4:15	22 HITTING 3:30- 4:30 BLACK 4:30- 5:30 CARDINAL	23 PARISI-CARD 3:30-4:30 WEIGHT ROOM- BLACK 3:00-4:15	24 HITTING 3:30- 4:30 BLACK, 4:30-5:30 CARDINAL	25	26 PITCHER BULLPENS @ CHATFIELD 7AM- 9AM	27
28 PARISI-BLACK 3:30-4:30 WEIGHT ROOM- CARDINAL 3:00- 4:15	29 HITTING 3:30- 4:30 CARDINAL 4:30-5:30 BLACK	30 PARISI-CARD 3:30-4:30 WEIGHT ROOM- BLACK 3:00-4:15	31	01	02	03
04	05	Notes:				

**2019**

# February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	31 HITTING 3:30-4:30 CARDINAL 4:30-5:30 BLACK	01	02 PITCHER BULLPENS @ CHATFIELD 8AM-10AM	03
04 PARISI-BLACK 3:30-4:30 WEIGHT ROOM CARDINAL 3:00-4:15	05 HITTING 3:30-4:30 BLACK 4:30-5:30 CARDINAL	06 PARISI-CARDINAL 3:30-4:30 WEIGHT ROOM BLACK 3:00-4:15	07 HITTING 3:30-4:30 BLACK 4:30-5:30 CARDINAL	08	09 PITCHER BULLPENS @ CHATFIELD 8AM-10AM	10
11 PARISI-BLACK 3:30-4:30 WEIGHT ROOM CARDINAL 3:00-4:15	12 HITTING 3:30-4:30 CARDINAL 4:30-5:30 BLACK	13 PARISI-CARDINAL 3:30-4:30 WEIGHT ROOM BLACK 3:00-4:15	14 HITTING 3:30-4:30 CARDINAL 4:30-5:30 BLACK	15	16 PITCHER BULLPENS @ CHATFIELD 8AM-10AM	17
18	19	20	21	22	23	24
25 SPRING TRYOUTS-	26 SPRING TRYOUTS-	27	28	01	02	03
04	05	Notes:				