



WEEKLY WORKOUTS

BE SURE TO REGISTER FOR MINI CAMPS

INSTRUCTIONAL LEAGUE

MONDAYS (Except Labor Day) 5-6:30 PM HITTING CIRCUIT

WEDNESDAYS 5-6:00 PM SPEED/AGILITY

COMPETITIVE LEAGUE

TUESDAYS 5:30-7 PM HITTING CIRCUIT 9-10, 11-12

7:30-9 PM HITTING CIRCUIT 13-14, 15-16

WEDNESDAYS 5-6:00 PM SPEED/AGILITY 9-10, 11-12

6-7:00 PM SPEED/AGILITY 13-14, 15-16

FRIDAYS 8-8:45 PM PITCHERS/CATCHERS

FLAT GROUND WORK 9-10, 11-12

9-9:45 PM PITCHERS/CATCHERS

FLAT GROUND WORK 13-14, 15-16

16 UP WOOD BAT LEAGUE

TUESDAYS 7:30-9 PM HITTING CIRCUIT

WEDNESDAYS 6-7:00 PM SPEED/AGILITY/DEFENSIVE WORK

FRIDAYS 9-9:45 PM PITCHERS/CATCHERS FLAT GROUNDS

Jr/Sr ELITE TEAM

MONDAYS 6-7:00 PM GOING VERTICAL WORKOUTS

TUESDAYS 7:30-9 PM HITTING CIRCUITS