

Northern Baseball

February 2019

Winter Workout Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					¹ Pitchers / Catchers JR/SR 3:00 FR/SO 4:15	²
³	⁴ JR/SR 3:00-5:00 FR/SO 4:45-6:15	⁵ LIFTING 5:30-6:30 HIGH SCHOOL WEIGHT ROOM	⁶ JR/SR 3:00-5:00 FR/SO 4:45-6:15	⁷ LIFTING 5:30-6:30 HIGH SCHOOL WEIGHT ROOM	⁸ Pitchers / Catchers JR/SR 3:00 FR/SO 4:15	⁹
¹⁰	¹¹ JR/SR 3:00-5:00 FR/SO 4:45-6:15	¹² LIFTING 5:30-6:30 HIGH SCHOOL WEIGHT ROOM	¹³ JR/SR 3:00-5:00 FR/SO 4:45-6:15	¹⁴ LIFTING 5:30-6:30 HIGH SCHOOL WEIGHT ROOM	¹⁵ Pitchers / Catchers JR/SR 3:00 FR/SO 4:15	¹⁶
¹⁷	¹⁸ JR/SR 3:00-5:00 FR/SO 4:45-6:15	¹⁹ LIFTING 5:30-6:30 HIGH SCHOOL WEIGHT ROOM	²⁰ JR/SR 3:00-5:00 FR/SO 4:45-6:15	²¹ LIFTING 5:30-6:30 HIGH SCHOOL WEIGHT ROOM	²² Pitchers / Catchers JR/SR 3:00 FR/SO 4:15	²³
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