

October 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
5	6	7	8	9	10	11
		7:30pm Speed&Strength				11:00am Metric Day
12	13	14	15	16	17	18
		7:30pm Speed&Strength				
19	20	21	22	23	24	25
		7:30pm Speed&Strength				
26	27	28	29	30	31	1
		7:30pm Speed&Strength				
2	3	Notes				

November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
		7:30pm Speed&Strength		7:00pm Hitting		
9	10	11	12	13	14	15
		7:30pm Speed&Strength		7:00pm Hitting		
16	17	18	19	20	21	22
				7:00pm Hitting		
23	24	25	26	27	28	29
				7:00pm Hitting		
30	1	Notes				

December 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3 5:00pm Catching Labs 6:00pm Pitching Labs	4 7:00pm Hitting	5	6
7	8	9	10 5:00pm Catching Labs 6:00pm Pitching Labs	11 7:00pm Hitting	12	13
14	15	16	17 5:00pm Catching Labs 6:00pm Pitching Labs	18 7:00pm Hitting	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

4	5	Notes
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