

# NOVEMBER 2018 LBPHS BASEBALL CONCENTRATION

| MONDAY | TUESDAY                                   | WEDNESDAY                                 | THURSDAY                                  | FRIDAY                                    | SATURDAY | SUNDAY |
|--------|---|---|---|---|----------|--------|
|        |   |   | 1<br>LBPHS<br>13:00 - 16:00<br>LBPHS GYM  | 2<br>LBPHS<br>13:00 - 16:00<br>LBPHS GYM  | 3        | 4      |
| 5      | 6<br>LBPHS<br>13:00 - 16:00<br>LBPHS GYM  | 7<br>LBPHS<br>13:00 - 16:00<br>LBPHS GYM  | 8<br>LBPHS<br>13:00 - 16:00<br>LBPHS GYM  | 9<br>LBPHS<br>PED DAY NO TRAINING         | 10       | 11     |
|        |   |   |   |   |          |        |
| 12     | 13<br>LBPHS<br>13:00 - 16:00<br>LBPHS GYM | 14<br>LBPHS<br>13:00 - 16:00<br>LBPHS GYM | 15<br>LBPHS<br>13:00 - 16:00<br>LBPHS GYM | 16<br>LBPHS<br>13:00 - 16:00<br>LBPHS GYM | 17       | 18     |
|        |   |   |   |   |          |        |
| 19     | 20<br>LBPHS<br>13:00 - 16:00<br>LBPHS GYM | 21<br>LBPHS<br>13:00 - 16:00<br>LBPHS GYM | 22<br>LBPHS<br>13:00 - 16:00<br>LBPHS GYM | 23<br>LBPHS<br>PED DAY NO TRAINING        | 24       | 25     |
|        |   |   |   |   |          |        |
| 26     | 27<br>LBPHS<br>13:00 - 16:00<br>LBPHS GYM | 28<br>LBPHS<br>13:00 - 16:00<br>LBPHS GYM | 29<br>LBPHS<br>PED DAY NO TRAINING        | 30<br>LBPHS<br>PED DAY NO TRAINING        |          |        |