

January 2012

JEFFERSON CITY JAYS BASEBALL PRE-SEASON WORKOUTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 Bama vs. LSU 7pm Watch Party @Got Skillz Got Skillz 830-930 pm Weight Room 630-730 am	10 Bullpens 630-730 am Stage Gym	11 Got Skillz 830-930 pm Late Start	12 Weights 630-730 am	13 Got Skillz 830-930 pm	14
15	16 Got Skillz 830-930 pm NO SCHOOL	17 Weights 630-730 am	18 Got Skillz 830-930 pm	19 Weights 6:30-7:30 am	20 Got Skillz 830-930 pm	21
22	23 Got Skillz 830-930 pm	24 Weights 6:30-7:30 am	25 Got Skillz 830-930 pm	26 Weight 630-730 am	27 Got Skillz 830-930 pm	28
29	30 Got Skillz 830-930 pm	31 Weights 6:30-7:30 am				

TIMES ARE SUBJECT TO CHANGE. THESE ARE ALL OPTIONAL WORKOUTS FOR PLAYERS TO GET IN SHAPE PRIOR TO SEASON. ANY PLAYER INVOLVED IN WINTER SPORTS IS NOT ALLOWED TO PARTICIPATE UNTIL THEIR SEASON IS OVER. IF WE DO NOT HAVE SCHOOL DUE TO INCLEMENT WEATHER WE WILL NOT HAVE WORKOUTS FOR THAT DAY.