

CB EAST BASEBALL

February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 CB East Parking Lot 1:30 – 2:30 or 2:00 – 3:00 Warm Up, Arm Care, Throwing ONLY
7	8 CB EAST – Aux Gym 5:00– 6:00 or 6:00 – 7:00	9	10 CB EAST Aux Gym 5:00–7:00pm Pitchers and Catchers Only	11	12	13 Workout Cancelled
14	15 Workout Cancelled	16	17 CB EAST Aux Gym 5:00 – 7:00pm Pitchers and Catchers Only	18	19	20
21	22 CB EAST Parking Lot 3:30 – 4:30 Arm Care and Throwing Only All Positions Welcome *Weather Dependent*	23	24 CB EAST Aux Gym 5:00 – 7:00pm Pitchers and Catchers Only	25	26 CB EAST Parking Lot 3:30 – 4:30 Arm Care and Throwing Only All Positions Welcome *Weather Dependent*	27
28	3/1 CB EAST Parking Lot 3:30 – 4:30 Arm Care and Throwing Only All Positions Welcome *Weather Dependent*	3/2	3/3 CB EAST Main Gym 3:30 – 5:00 All positions welcome Hitting, Fielding, Bullpens, Arm Care and Throwing	3/4	3/5 TBD	3/6 TBD