

ESP Fall Training Schedule

(Starting Sept 8 - No Class Labor Day, schedule subject to change)

Mon	Tue	Wed	Thu	Fri	Sat/Sun
1:30-2:30pm ESP Custom	1:30-2:30pm ESP Custom	8-9am ESP Custom	1:30-2:30pm ESP Custom	1:30-2:30pm ESP Custom	No Class
2:30-4:30pm ESP Total	2:30-4:30pm ESP Total	9-10am ESP Conditioning	2:30-4:30pm ESP Total	2:30-3:30pm ESP Total	
4:30-5:30pm ESP Baseball Defense	4:30-5:30pm ESP Custom	10-11am Skills Day	4:30-5:30pm ESP Custom		
5:30-6:30pm Defense Player/Parent	4:30-5:30pm ESP Baseball Hitting	6-7pm ESP Custom	4:30-5:30pm ESP Baseball Hitting		
5:30-6:30pm ESP Custom	5:30-6:30pm Hitting Player/Parent		5:30-6:30pm Hitting Player/Parent		
	6-7pm ESP Total		6-7pm ESP Total		