

Columbia Football weight room schedule for November 2010

*** Tuesday and Thursday's - there is a late bus @ 4pm ***

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		2	3	4	5	6
7	8	9	10	11 No School	12	13
14	15 6 to 8pm Coach Cavotta	16 2:30 – 4:30pm Coach Romo Coach Leyhane	17 6 to 8pm Coach Hansen	18 2:30 – 4:30pm Coach Cavotta Coach Leyhane	19 OFF	20
21	22 6 to 8pm Coach Cavotta	23 2:30 – 4:30pm Coach Romo Coach Leyhane	24 No School	25 No School	26 No School	27
28	29 6 to 8pm Coach Cavotta	30 2:30 – 4:30pm Coach Romo Coach Leyhane				