

Crossman Community Centre
Smyth - Schedule until May 2016

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

8:00								
8:15								
8:30								
8:45								
9:00								
9:15								
9:30								
9:45								
10:00								
10:15	Seniors Ageless Yoga 10:15-11:15		Seniors Ageless Yoga 10:15-11:15					
10:30								
10:45								
11:00		Seniors Gentle Yoga 11:00-12:00pm			Seniors Better Bones 11:00-12:00pm			
11:15								
11:30								
11:45								
12:00								
12:15								
12:30								
12:45								
1:00	Wendy's 50+ 1:00-2:00pm		Wendy's 50+ 1:00-2:00pm	Wendy's 50+ 1:00-2:00pm	Birthday Party Block Must Prebook 1:00-4:00pm			
1:15								
1:30								
1:45								
2:00					Birthday Party Block Must Prebook 2:00-5:00pm			
2:15								
2:30								
2:45								
3:00								
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6:00								
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6:30								
6:45								
7:00			Qigong Lila Donovan 7:00-9:00pm					
7:15								
7:30								
7:45								
8:00								
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9:00								
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11:00								
11:15								
11:30								
11:45								

	Facility Closed		Programs require registration
	Maintenance		Drop in Programs - Free
	Fitness programs - See Flyers		Birthday Party - Must pre book
	Non Scheduled - Open Times/Rentals		

** Please note that schedule may change due to rentals please call to confirm