

Crossman Community Centre
Smyth - Schedule until May 2016

Monday

Tuesday

Wednesday

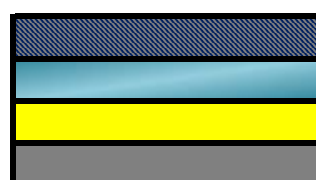
Thursday

Friday

Saturday

Sunday

8:00								
8:15								
8:30								
8:45								
9:00								
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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								
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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								
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7:00			Qigong Lila Donovan 7:00-9:00pm					
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Facility Closed
Maintenance
Fitness programs - See Flyers
Non Scheduled - Open Times/Rentals



Programs require registration
Drop in Programs - Free
Birthday Party - Must pre book

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