

Crossman Community Centre  
TRACK - Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

6:30							
6:45							
7:00							
7:15							
7:30							
7:45							
8:00	<b>Seniors</b> Walk, Run and Roll	<b>Seniors</b> Walk, Run and Roll	<b>Seniors</b> Walk, Run and Roll	<b>Seniors</b> Walk, Run and Roll	<b>Seniors</b> Walk, Run and Roll	<b>Seniors</b> Walk, Run and Roll	<b>Seniors</b> Walk, Run and Roll
8:15							
8:30							
8:45							
9:00							
9:15	<b>Cruzers</b> Strollers and walking aids	<b>Cruzers</b> Strollers and walking aids	<b>Cruzers</b> Strollers and walking aids	<b>Cruzers</b> Strollers and walking aids	<b>Cruzers</b> Strollers and walking aids	<b>Cruzers</b> Strollers and walking aids	<b>Cruzers</b> Strollers and walking aids
9:30							
9:45							
10:00							
10:15							
10:30	<b>Adult</b> Walk/Jog	<b>Adult</b> Walk/Jog	<b>Adult</b> Walk/Jog	<b>Adult</b> Walk/Jog	<b>Adult</b> Walk/Jog	<b>Adult</b> Walk/Jog	<b>Adult</b> Walk/Jog
10:45							
11:00							
11:15							
11:30							
11:45							
12:00	<b>Adult</b> Walk/Jog	<b>Adult</b> Walk/Jog	<b>Adult</b> Walk/Jog	<b>Adult</b> Walk/Jog	<b>Adult</b> Walk/Jog	<b>Adult</b> Walk/Jog	<b>Adult</b> Walk/Jog
12:15							
12:30							
12:45							
1:00							
1:15	<b>Seniors</b> Walk, Run and Roll	<b>Seniors</b> Walk, Run and Roll	<b>Seniors</b> Walk, Run and Roll	<b>Seniors</b> Walk, Run and Roll	<b>Seniors</b> Walk, Run and Roll	<b>Seniors</b> Walk, Run and Roll	<b>Seniors</b> Walk, Run and Roll
1:30							
1:45							
2:00							
2:15							
2:30	<b>Family Walk</b> Limited Space	<b>Family Walk</b> Limited Space	<b>Family Walk</b> Limited Space	<b>Family Walk</b> Limited Space	<b>Family Walk</b> Limited Space	<b>Family Walk</b> Limited Space	<b>Family Walk</b> Limited Space
2:45							
3:00							
3:15							
3:30							
3:45							
4:00	<b>Youth</b> 13-18yrs	<b>Youth</b> 13-18yrs	<b>Youth</b> 13-18yrs	<b>Youth</b> 13-18yrs	<b>Youth</b> 13-18yrs	<b>Youth</b> 13-18yrs	<b>Youth</b> 13-18yrs
4:15							
4:30							
4:45							
5:00							
5:15	<b>Adult</b> Walk/Jog	<b>Adult</b> Walk/Jog	<b>Adult</b> Walk/Jog	<b>Adult</b> Walk/Jog	<b>Adult</b> Walk/Jog	<b>Adult</b> Walk/Jog	<b>Adult</b> Walk/Jog
5:30							
5:45							
6:00							
6:15							
6:30							
6:45							
7:00							
7:15							
7:30							
7:45							
8:00							
8:15							
8:30							
8:45							
9:00							
9:15							
9:30							
9:45							
10:00							
10:15							
10:30							
10:45							
11:00							
11:15							
11:30							
11:45							