

# Field House Schedule

September 11th-September 17th, 2017



M					
Time	Far Court	Centre Court	Near Court		
5:30	Open Court Times (No Field House Attendant on duty)				
6:00					
6:30					
7:00					
7:30					
8:00	Open Badminton / Pickleball				
8:30					
9:00				Cardio Combat 9:15am	Open Basketball
9:30				Fit For Life	
10:00				HIT 12:15pm	
10:30				CGC Program	Open Basketball
11:00				Zumba Pumped	
11:30				CGC Program	
12:00				Zumba	Open Basketball
12:30				Pumped	
1:00	CGC Program				
1:30	CGC Program				
2:00	CGC Program				
2:30	CGC Program				
3:00	CGC Program				
3:30	CGC Program				
4:00	CGC Program				
4:30	CGC Program				
5:00	CGC Program				
5:30	CGC Program				
6:00	CGC Program				
6:30	CGC Program				
7:00	CGC Program				
7:30	CGC Program				
8:00	CGC Program				
8:30	CGC Program				
9:00	CGC Program				
9:30	CGC Program				

**TRACK BOOKINGS:**  
10am-11am Booking - Lane 5/6

T					
Time	Far Court	Centre Court	Near Court		
5:30	Open Court Times (No Field House Attendant on duty)				
6:00					
6:30					
7:00					
7:30					
8:00	Open Badminton / Pickleball				
8:30					
9:00				Dance Fusion 9:15am	Open Basketball
9:30				Forever Strong	
10:00				Pumped	Open Basketball
10:30				CGC Program	
11:00				CGC Program	
11:30				CGC Program	
12:00				CGC Program	
12:30				CGC Program	
1:00	CGC Program				
1:30	CGC Program				
2:00	CGC Program				
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5:00	CGC Program				
5:30	CGC Program				
6:00	CGC Program				
6:30	CGC Program				
7:00	CGC Program				
7:30	CGC Program				
8:00	CGC Program				
8:30	CGC Program				
9:00	CGC Program				
9:30	CGC Program				

**TRACK BOOKINGS:**  
9am-9:45am CGC Walking Club

W					
Time	Far Court	Centre Court	Near Court		
5:30	Open Court Times (No Field House Attendant on duty)				
6:00					
6:30					
7:00					
7:30					
8:00	Open Badminton / Pickleball				
8:30					
9:00				Pumped 9:15am	Open Basketball
9:30				Fit For Life	
10:00				Cardio Combat	Open Basketball
10:30				CGC Program	
11:00				CGC Program	
11:30				CGC Program	
12:00				CGC Program	
12:30				CGC Program	
1:00	CGC Program				
1:30	CGC Program				
2:00	CGC Program				
2:30	CGC Program				
3:00	CGC Program				
3:30	CGC Program				
4:00	CGC Program				
4:30	CGC Program				
5:00	CGC Program				
5:30	CGC Program				
6:00	CGC Program				
6:30	CGC Program				
7:00	CGC Program				
7:30	CGC Program				
8:00	CGC Program				
8:30	CGC Program				
9:00	CGC Program				
9:30	CGC Program				

**TRACK BOOKINGS:**  
12pm-3pm \$3 Track

T					
Time	Far Court	Centre Court	Near Court		
5:30	Open Court Times (No Field House Attendant on duty)				
6:00					
6:30					
7:00					
7:30					
8:00	Open Badminton / Pickleball				
8:30					
9:00				Dance Fusion 9:15am	Open Basketball
9:30				Forever Strong	
10:00				Pumped	Open Basketball
10:30				CGC Program	
11:00				CGC Program	
11:30				CGC Program	
12:00				CGC Program	
12:30				CGC Program	
1:00	CGC Program				
1:30	CGC Program				
2:00	CGC Program				
2:30	CGC Program				
3:00	CGC Program				
3:30	CGC Program				
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4:30	CGC Program				
5:00	CGC Program				
5:30	CGC Program				
6:00	CGC Program				
6:30	CGC Program				
7:00	CGC Program				
7:30	CGC Program				
8:00	CGC Program				
8:30	CGC Program				
9:00	CGC Program				
9:30	CGC Program				

**TRACK BOOKINGS:**  
9am-9:45am CGC Walking Club

F					
Time	Far Court	Centre Court	Near Court		
5:30	Open Court Times (No Field House Attendant on duty)				
6:00					
6:30					
7:00					
7:30					
8:00	Open Badminton / Pickleball				
8:30					
9:00				HIT 9:15am	Open Basketball
9:30				Fit For Life	
10:00				CGC Program	Open Basketball
10:30				CGC Program	
11:00				CGC Program	
11:30				CGC Program	
12:00				CGC Program	
12:30				CGC Program	
1:00	CGC Program				
1:30	CGC Program				
2:00	CGC Program				
2:30	CGC Program				
3:00	CGC Program				
3:30	CGC Program				
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4:30	CGC Program				
5:00	CGC Program				
5:30	CGC Program				
6:00	CGC Program				
6:30	CGC Program				
7:00	CGC Program				
7:30	CGC Program				
8:00	CGC Program				
8:30	CGC Program				
9:00	CGC Program				
9:30	CGC Program				

**TRACK BOOKINGS:**  
12pm-3pm \$3 Track

S					
Time	Far Court	Centre Court	Near Court		
7:00	Open Court Times (No Field House Attendant on duty)				
7:30	Open Court Times (No Field House Attendant on duty)				
8:00	Basketball Nova Scotia Training Sessions				
8:30					
9:00				Zumba	Open Badminton / Pickleball
9:30				HIT 9:15am	
10:00				CGC Program	Open Basketball
10:30				CGC Program	
11:00				CGC Program	
11:30				CGC Program	
12:00				CGC Program	
12:30				CGC Program	
1:00	CGC Program				
1:30	CGC Program				
2:00	CGC Program				
2:30	CGC Program				
3:00	CGC Program				
3:30	CGC Program				
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4:30	CGC Program				
5:00	CGC Program				
5:30	CGC Program				
6:00	CGC Program				
6:30	CGC Program				
7:00	CGC Program				
7:30	CGC Program				
8:00	CGC Program				
8:30	CGC Program				
9:00	CGC Program				
9:30	CGC Program				

**TRACK BOOKINGS:**  
10am-11am Cardio Combat - SB

S					
Time	Far Court	Centre Court	Near Court		
7:00	Open Court Times (No Field House Attendant on duty)				
7:30	Open Court Times (No Field House Attendant on duty)				
8:00	Basketball Nova Scotia Training Sessions				
8:30					
9:00				Zumba	Open Badminton / Pickleball
9:30				HIT 9:15am	
10:00				CGC Program	Open Basketball
10:30				CGC Program	
11:00				CGC Program	
11:30				CGC Program	
12:00				CGC Program	
12:30				CGC Program	
1:00	CGC Program				
1:30	CGC Program				
2:00	CGC Program				
2:30	CGC Program				
3:00	CGC Program				
3:30	CGC Program				
4:00	CGC Program				
4:30	CGC Program				
5:00	CGC Program				
5:30	CGC Program				
6:00	CGC Program				
6:30	CGC Program				
7:00	CGC Program				
7:30	CGC Program				
8:00	CGC Program				
8:30	CGC Program				
9:00	CGC Program				
9:30	CGC Program				

**TRACK BOOKINGS:**  
10am-11am Cardio Combat - SB  
2:30pm-4pm Booking - Batting Cage & Lane 6