

Field House Schedule

February 12th-February 18th, 2018



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
9:30				Open Basketball
10:00				
10:30				Fit For Life
11:00				Open Basketball
11:30				
12:00				HIT Express
12:30				Open Basketball
1:00				
1:30	Booking			
2:00				
2:30	Open Basketball			
3:00				
3:30	CGC Pgm			
4:00				
4:30	Open Basketball			
5:00				
5:30	Pumped			
6:00				
6:30	Open Bball			
7:00	CGC Pgm			
7:30	Zumba			
8:00	Open Bball			
8:30	CGC Pgm			
9:00	Open Basketball			
9:30				

TRACK BOOKINGS:

10:30am-11:30am	CGC Pgm - SB + Ln 6
1pm-2pm	CGC Pgm - Lane 5/6
2:30pm-4pm	Booking - Lane 5/6
5pm-6pm	CGC Pgm - Lane 6
6:30pm-10pm	Booking - Lane 4/5/6

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
9:30				Open Basketball
10:00				
10:30				CGC Pgm
11:00				Forever Strong
11:30				Open Basketball
12:00				
12:30				Pumped Express
1:00	Booking			
1:30				
2:00	Open Basketball			
2:30				
3:00	CGC Pgm			
3:30				
4:00	Open Basketball			
4:30				
5:00	CGC Pgm			
5:30	Open Bball			
6:00	CGC Pgm			
6:30	HIT			
7:00	Core			
7:30	Open Basketball			
8:00				
8:30	Booking			
9:00				
9:30	Open Basketball			

TRACK BOOKINGS:

9am-9:45am	CGC Walking Club
5pm-6pm	CGC Pgm - Lane 5/6
6pm-7pm	Booking - Lane 6
7pm-8:30pm	Booking - Lane 4/5/6
8:30pm-9:30pm	Booking - Lane 5/6

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				Open Badminton / Pickleball
9:30				Open Basketball
10:00				
10:30				Pickleball Session #1
11:00				Open Basketball
11:30				
12:00				Pickleball Session #2
12:30				Dance Express
1:00	Booking			
1:30				
2:00	Open Basketball			
2:30				
3:00	CGC Pgm			
3:30				
4:00	Open Basketball			
4:30				
5:00	CGC Pgm			
5:30	Pumped			
6:00	Open Vball			
6:30	CGC Pgm			
7:00	Strong			
7:30	Open Basketball			
8:00				
8:30	Booking			
9:00				
9:30	Open Basketball			

TRACK BOOKINGS:

12pm-3pm	\$3 Track
10:30am-11:30am	CGC Pgm - SB
1pm-2pm	CGC Pgm - Lane 5/6
2:30pm-4pm	Booking - Lane 5/6
6pm-7pm	Booking - Lane 5/6
7pm-8pm	Bkg - Lane 4/5/6
8pm-10pm	Bkg - Ln 4/5/6 & Pit

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
9:30				Open Basketball
10:00				
10:30				Forever Strong
11:00				Open Basketball
11:30				
12:00				Combat Express
12:30				Booking
1:00				
1:30	Open Basketball			
2:00				
2:30	CGC Pgm			
3:00				
3:30	Open Basketball			
4:00				
4:30	CGC Pgm			
5:00	Athletic Step			
5:30	Open Basketball			
6:00				
6:30	Booking			
7:00				
7:30	Open Basketball			
8:00				
8:30	Booking			
9:00				
9:30	Open Basketball			

TRACK BOOKINGS:

9am-9:45am	CGC Walking Club
10am-11am	Booking - Lane 6
2:15pm-3:15pm	CGC Pgm - Lane 6
7pm-9pm	Booking - Lane 4/5/6 & Jump Pit

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
9:30				Open Basketball
10:00				
10:30				CGC Pgm
11:00				Open Basketball
11:30				
12:00				CGC Pgm
12:30				Booking
1:00				
1:30	Open Basketball			
2:00				
2:30	CGC Pgm			
3:00				
3:30	Open Basketball			
4:00				
4:30	CGC Pgm			
5:00	Open Basketball			
5:30				
6:00	Booking			
6:30				
7:00	Open Basketball			
7:30				
8:00	Open Basketball			
8:30				
9:00	Open Basketball			
9:30				

TRACK BOOKINGS:

12pm-3pm	\$3 Track
2:30pm-4pm	Booking - Lane 5/6
6:30pm-8:30pm	Booking - Lane 4/5/6

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

TRACK BOOKINGS:

9am-10am	Booking - Lane 5/6 & Jump Pit
10am-12pm	Booking - Lane 4/5/6 & Jump Pit
2pm-3:30pm	Booking - Lane 6 & Batting Cage

S				
Time	Far Court	Centre Court	Near Court	
7:00	Open Court Times (No Field House Attendant on duty)			
7:30				
8:00	Open Badminton / Pickleball			
8:30				
9:00				Open Vball
9:30				Open Badminton / Pickleball
10:00				Open Basketball
10:30				
11:00				Booking
11:30				Open Basketball
12:00				
12:30				Cardio Combat
1:00	Open Basketball			
1:30				
2:00	Open Basketball			
2:30				
3:00	Open Basketball			
3:30				
4:00	Open Basketball			
4:30				
5:00	Open Basketball			
5:30				
6:00	Open Basketball			
6:30				
7:00	Open Basketball			
7:30				
8:00	Open Basketball			
8:30				
9:00	Open Basketball			
9:30				

TRACK BOOKINGS:

2:30pm-4pm	Booking - Lane 5/6
4pm-8pm	Booking - Lane 5/6
8pm-10pm	Booking - Lane 4/5/6 & Jump Pit