FIELD HOUSE SCHEDULE: Far Court

Aug 5 - Aug 11, 2024

Time

5:30 6:00

6:30

7:00 7:30 8:00 8:30 9:00

9:30 10:00 10:30 11:00

11:30 12:00 12:30 1:00

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2:30 3:00

3:30 4:00 4:30 5:00

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Badminton (No Field House staff/no equipment available)

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Far Court

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Legend

Cleaning / Space Unavailable

Badminton and Pickleball Courts require booking, except from 5:30am-6am, Monday-Friday. CGC Members can book Pickleball/Badminton courts up to 3 days in advance as of 9am every day (online through MyRec or in-person at the Customer Service Desk). Non-members and 10 Punch Pass holders can book 1 day in advance as of 9am every day (online through MyRec or in-person at the Customer Service Desk). The full Track is available during Facility Hours, unless otherwise noted in Track Bookings below.

TRACK BOOKINGS:

TRACK BOOKINGS:						
1:30pm-2:30pm CGC Pgm - Track SB						
6pm-7pm	CGC Pgm - Track SB					

	TRACK BOOKINGS:								
	1pm-3pm	\$4 Track							
	2:30pm-3:30pm	CGC Pgm - Track S							
	6pm-7pm	CGC Pgm - TRX							

TRACK BOOKINGS:							
1:30pm-2:30pm	CGC Pgm - Track SI						
6pm-7pm	CGC Pgm - Track SE						

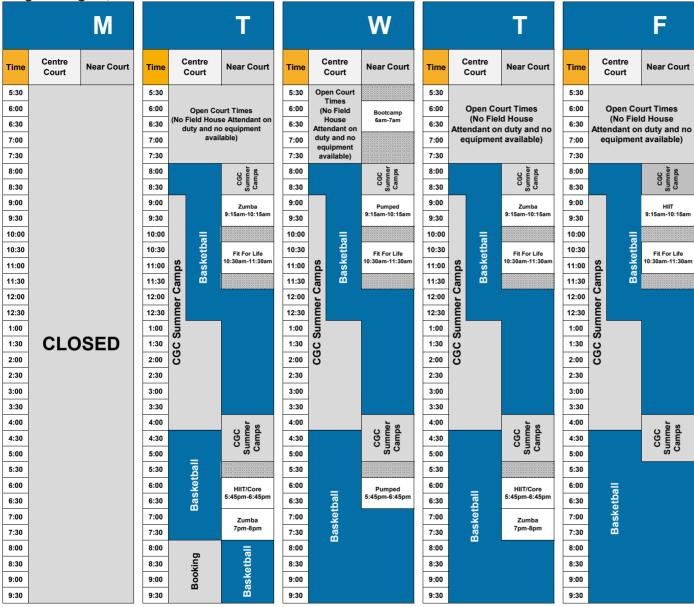
TRACK BOOKINGS:							
1pm-3pm	\$4 Track						
2:30pm-3:30pm	CGC Pgm - Track SE						

TRACK BOOKINGS:

TRACK BOOKINGS:

FIELD HOUSE SCHEDULE: Centre & Near Court

Aug 5 - Aug 11, 2024





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Time	Centre Court	Near Court	Time	Centre Court	Near Court				
7:00	Open Co		7:00	Open Co					
7:30		Attendant on duty nent available)	7:30	(No Field House Attendant on and no equipment available					
8:00			8:00						
8:30			8:30						
9:00	Bootcamp		9:00						
9:30	9:15am-10:15am		9:30						
10:00			10:00	HIIT					
10:30	Zumba		10:30	10am-11am					
11:00	10:30am-11:30am		11:00						
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Legend

Cleaning / Space Unavailable