Field House Schedule

January 7th-January 13th, 2019

Canada Games Centre

canadagamescentre.ca

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			Booking
8:00	Open Badminton/ Pickleball	Open Bball	
8:30			
9:00		Cardio Combat 9:15am	
9:30			Open Bball
10:00			
10:30			Fit For Life
11:00			
11:30			Open Basketball
12:00			
12:30			
1:00	CGC Pgm		
1:30			
2:00			
2:30		CGC Pgm	
3:00			
3:30			
4:00			
4:30			
5:00			
5:30			
6:00	CGC Pgm	Pumped	CGC Pgm
6:30			
7:00	Zumba		
7:30			
8:00	Booking		
8:30			
9:00			
9:30			

TRACK BOOKINGS:

10:30am-11:30am	Booking - Lane 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			Booking
8:00	Open Badminton/ Pickleball	Open Bball	
8:30			
9:00		Dance Fusion 9:15am	
9:30			
10:00			
10:30	CGC Pgm	Forever Strong	Booking
11:00			
11:30			
12:00		Pumped Express 12:10pm	
12:30	Pickleball Session #1		
1:00			
1:30			
2:00	Pickleball Session #2		
2:30			
3:00			
3:30		CGC Pgm	
4:00			
4:30			
5:00	Booking		Open Basketball
5:30			
6:00	Open Badminton/ Pickleball	HIIT	
6:30			
7:00		Core	
7:30			
8:00		Booking	
8:30			
9:00			
9:30			

TRACK BOOKINGS:

7am-8am	Bkg - Lane 4/5/6
9:15am-10am	CGC Walking Club
2:30pm-4pm	Bkg - Lane 4/5/6
7:30pm-10pm	Competitive Track Clubs - Full Track

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			Booking
8:00	Open Badminton/ Pickleball	Open Bball	
8:30			
9:00	Pickleball Session #1	Pumped 9:15am	
9:30			Open Bball
10:00	Pickleball Session #2		
10:30			Fit For Life
11:00			
11:30		Tune & Tone Express 12:10pm	
12:00			
12:30	Open Badminton/ Pickleball		
1:00			
1:30			
2:00		CGC Pgm	
2:30			
3:00			
3:30			
4:00			
4:30		CGC Pgm	
5:00			Open Basketball
5:30			
6:00	Booking	Pumped	
6:30			
7:00			
7:30	Open Badminton/ Pickleball	Strong	
8:00			
8:30			
9:00			
9:30			

TRACK BOOKINGS:

12pm-3pm	$3 Track
6pm-7pm	CGC Pgm - Lane 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			Booking
8:00	Open Badminton/ Pickleball	Open Bball	
8:30			
9:00		Dance Fusion 9:15am	
9:30			
10:00			
10:30		Forever Strong	Booking
11:00			
11:30			
12:00			
12:30			
1:00			
1:30			
2:00			
2:30			
3:00			
3:30		CGC Pgm	
4:00			
4:30			
5:00	Booking		Open Basketball
5:30			
6:00		Athletic Step	
6:30			
7:00		Core	
7:30			
8:00	Open Badminton/ Pickleball	Booking	
8:30			
9:00	Booking		
9:30			

TRACK BOOKINGS:

6:30am-7:30am	Booking- Lane 5/6
9:15am-10:00am	CGC Walking Club
2:30pm-4pm	Bkg - Lane 4/5/6
8pm-10pm	Competitive Track Clubs - Full Track

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			Booking
8:00	Open Badminton/ Pickleball	Open Bball	
8:30			
9:00		HIIT 9:15am	
9:30			Open Bball
10:00			
10:30	CGC Pgm		Fit For Life
11:00			
11:30			
12:00			
12:30			
1:00			
1:30			
2:00			
2:30			
3:00		CGC Pgm	
3:30			
4:00			
4:30			
5:00			Open Basketball
5:30			
6:00		Plyo Plus	
6:30	CGC Pgm	Open Bball	
7:00			
7:30			Booking
8:00	Drop-in Bball 13-17 yrs		
8:30			
9:00	Drop-in Bball 18+ yrs		Open Badminton/ Pickleball
9:30			

TRACK BOOKINGS:

12pm-3pm	$3 Track
6pm-8pm	Booking - Lane 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 Bball		Open Bball
8:30	Booking		
9:00		HIIT 9:15	
9:30			
10:00		Zumba	
10:30			Booking
11:00			
11:30			
12:00			
12:30	Set up		
1:00		Open Badminton/ Pickleball	
1:30	Open Badminton/ Pickleball	Set up	
2:00			
2:30			
3:00			
3:30			
4:00			
4:30			
5:00			
5:30			
6:00			
6:30			
7:00			
7:30			
8:00			
8:30			
9:00			
9:30			

TRACK BOOKINGS:

10:30am-12:30pm	Competitive Track Clubs - Full Track

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		Cardio Combat	
9:30	Booking		
10:00			
10:30			
11:00			
11:30			
12:00			
12:30			
1:00			
1:30	Open Badminton/ Pickleball		
2:00			
2:30			
3:00			
3:30			
4:00			
4:30			
5:00			
5:30			
6:00			
6:30	Booking		
7:00			
7:30			
8:00			
8:30			
9:00			
9:30			

TRACK BOOKINGS:

8pm-10pm	Competitive Track Clubs - Full Track