

# Field House Schedule

April 15th - April 21st, 2019



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

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					
8:00	Open Badminton/ Pickleball	CGC Pgm	Open Basketball	Fit For Life	
8:30					
9:00					Dance Fusion 9:15am
9:30					
10:00					Forever Strong CGC Pgm
10:30					
11:00					
11:30					
12:00					Pumped Express 12:10pm
12:30					
1:00	Open Badminton/ Pickleball	CGC Pgm	Open Basketball	Fit For Life	
1:30					
2:00					
2:30					
3:00					
3:30					
4:00					
4:30					
5:00					
5:30					
6:00	Open Badminton/ Pickleball	CGC Pgm	Open Basketball	Fit For Life	
6:30					
7:00					HIT
7:30					
8:00					
8:30					
9:00					
9:30					
CGC Pgm					
Booking					

TRACK BOOKINGS:	
8:30am-9:15am	CGC Walking Club
10am-11am	Booking - Lane 5/6
2:30pm-4pm	Booking - Lane 4/5/6
4pm-5pm	Booking - Lane 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	CGC Pgm	Open Basketball	Fit For Life	
8:30					
9:00					Open Badminton/ Pickleball Session #1
9:30					
10:00					Pumped 9:15am
10:30					
11:00					
11:30					
12:00					Forever Strong CGC Pgm
12:30					Time & Tone 12:10pm
1:00	Open Badminton/ Pickleball	CGC Pgm	Open Basketball	Fit For Life	
1:30					
2:00					
2:30					
3:00					
3:30					
4:00					
4:30					
5:00					
5:30					
6:00	Open Badminton/ Pickleball	CGC Pgm	Open Basketball	Fit For Life	
6:30					
7:00					Open Badminton/ Pickleball
7:30					Open Badminton/ Pickleball
8:00					Open Badminton/ Pickleball
8:30					
9:00					
9:30					
CGC Pgm					
Booking					

TRACK BOOKINGS:	
12pm-3pm	\$3 Track
3:45pm-4:45pm	Booking - Lane 5/6
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					
8:00	Open Badminton/ Pickleball	CGC Pgm	Open Basketball	Fit For Life	
8:30					
9:00					Dance Fusion 9:15am
9:30					
10:00					Forever Strong CGC Pgm
10:30					
11:00					
11:30					
12:00					Combat Express 12:10pm
12:30					
1:00	Open Badminton/ Pickleball	CGC Pgm	Open Basketball	Fit For Life	
1:30					
2:00					
2:30					
3:00					
3:30					
4:00					
4:30					
5:00					
5:30					
6:00	Open Badminton/ Pickleball	CGC Pgm	Open Basketball	Fit For Life	
6:30					
7:00					Core Athletic Step
7:30					
8:00					
8:30					
9:00					
9:30					
CGC Pgm					
Booking					

TRACK BOOKINGS:	
8:30am-9:15am	CGC Walking Club
10am-11am	Booking Lane 5/6
2:30pm-4pm	Booking - Lane 4/5/6
4:15pm-5:45pm	CGC Pgm - Lane 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				
8:00	Open Badminton/ Pickleball	CGC Pgm	Open Basketball	Fit For Life
8:30				
9:00				
9:30				
10:00				
10:30				
11:00				
11:30				
12:00				
12:30				
1:00	Open Badminton/ Pickleball	CGC Pgm	Open Basketball	Fit For Life
1:30				
2:00				
2:30				
3:00				
3:30				
4:00				
4:30				
5:00				
5:30				
6:00	Open Badminton/ Pickleball	CGC Pgm	Open Basketball	Fit For Life
6:30				
7:00				
7:30				
8:00				
8:30				
9:00				
9:30				
CGC Pgm				
Booking				

BOOKINGS:	
12pm-3pm	\$3 Track
6pm-7pm	Booking - Lane 6

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

TRACK BOOKINGS:	
10:30am-12pm	Booking - Lane 5/6

S				
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	CGC Pgm	Open Basketball	Fit For Life
8:30				
9:00				
9:30				
10:00				
10:30				
11:00				
11:30				
12:00				
12:30				
1:00	Open Badminton / Pickleball	CGC Pgm	Open Basketball	Fit For Life
1:30				
2:00				
2:30				
3:00				
3:30				
4:00				
4:30				
5:00				
5:30				
6:00	Open Badminton / Pickleball	CGC Pgm	Open Basketball	Fit For Life
6:30				
7:00				
7:30				
8:00				
8:30				
9:00				
9:30				
CGC Pgm				
Booking				

TRACK BOOKINGS:	
6pm-8pm	Booking - Lane 5/6