

Field House Schedule

September 9th-September 15th, 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				
8:30					
9:00				Booking	
9:30				Open Basketball	
10:00				Fit for Life	
10:30				Cardio Combat 9:15am	
11:00				HIT Express 12:10pm	
11:30				Pumped 9:15am	
12:00				Booking	
12:30				Open Basketball	
1:00	Open Badminton/ Pickleball				
1:30					
2:00				Drop-in Pickleball	
2:30				Open Basketball	
3:00				CGC Program	
3:30				Open Basketball	
4:00				Pumped	
4:30				CGC Program	
5:00				HIT	
5:30				Core	
6:00	Open Badminton/ Pickleball				
6:30					
7:00				Core	
7:30				Dance Fusion	
8:00				Open Badminton/ Pickleball	
8:30				Open Basketball	
9:00				Drop-in Pickleball	
9:30				Open Basketball	

TRACK BOOKINGS:	
2:30pm-5:30pm	Booking - Lane 5/6
6pm-9pm	Open Batting Cage (Members Only)

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				Forever Strong	
10:00				Booking	
10:30				Pumped 12:10pm	
11:00				Open Basketball	
11:30				Drop-in Pickleball	
12:00				Open Basketball	
12:30				CGC Program	
1:00	Open Badminton/ Pickleball				
1:30					
2:00				Drop-in Pickleball	
2:30				Open Basketball	
3:00				CGC Program	
3:30				Open Basketball	
4:00				Pumped	
4:30				CGC Program	
5:00				HIT	
5:30				Core	
6:00	Open Badminton/ Pickleball				
6:30					
7:00				Core	
7:30				Dance Fusion	
8:00				Open Badminton/ Pickleball	
8:30				Open Basketball	
9:00				Drop-in Pickleball	
9:30				Open Basketball	

TRACK BOOKINGS:	
2:30pm-6pm	Batting Cage - Member Appreciation Event

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				Drop-in Pickleball	
10:00				Pumped 9:15am	
10:30				Fit for Life	
11:00				Open Basketball	
11:30				Drop-in Pickleball	
12:00				Open Basketball	
12:30				CGC Program	
1:00	Open Badminton/ Pickleball				
1:30					
2:00				Drop-in Pickleball	
2:30				Open Basketball	
3:00				CGC Program	
3:30				Open Basketball	
4:00				Pumped	
4:30				CGC Program	
5:00				HIT	
5:30				Core	
6:00	Open Badminton/ Pickleball				
6:30					
7:00				Core	
7:30				Dance Fusion	
8:00				Open Badminton/ Pickleball	
8:30				Open Basketball	
9:00				Drop-in Pickleball	
9:30				Open Basketball	

TRACK BOOKINGS:	
12pm-3pm	\$3 Track
6pm-9pm	Open Batting Cage (Members Only)

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				Forever Strong	
10:00				Booking	
10:30				Pumped 9:15am	
11:00				Fit for Life	
11:30				Open Basketball	
12:00				Drop-in Pickleball	
12:30				Open Basketball	
1:00	Open Badminton/ Pickleball				
1:30					
2:00				Drop-in Pickleball	
2:30				Open Basketball	
3:00				CGC Program	
3:30				Open Basketball	
4:00				Pumped	
4:30				CGC Program	
5:00				HIT	
5:30				Core	
6:00	Open Badminton/ Pickleball				
6:30					
7:00				Core	
7:30				Dance Fusion	
8:00				Open Badminton/ Pickleball	
8:30				Open Basketball	
9:00				Drop-in Pickleball	
9:30				Open Basketball	

TRACK BOOKINGS:	
12pm-3pm	\$3 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				
8:30					
9:00				Dance Fusion 9:15am	
9:30				Forever Strong	
10:00				Booking	
10:30				Pumped 9:15am	
11:00				Fit for Life	
11:30				Open Basketball	
12:00				Drop-in Pickleball	
12:30				Open Basketball	
1:00	Open Badminton/ Pickleball				
1:30					
2:00				Drop-in Pickleball	
2:30				Open Basketball	
3:00				CGC Program	
3:30				Open Basketball	
4:00				Pumped	
4:30				CGC Program	
5:00				HIT	
5:30				Core	
6:00	Open Badminton/ Pickleball				
6:30					
7:00				Core	
7:30				Dance Fusion	
8:00				Open Badminton/ Pickleball	
8:30				Open Basketball	
9:00				Drop-in Pickleball	
9:30				Open Basketball	

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					
8:00	Basketball Nova Scotia's Junior & Senior Academy				
8:30					
9:00				HIT 9:15am	
9:30				Zumba	
10:00				Open Badminton/ Pickleball	
10:30				Basketball Nova Scotia's Junior & Senior Academy	
11:00				Set up	
11:30				Basketball Nova Scotia's Targeted Athlete Strategy	
12:00				Set up	
12:30				Open Basketball	
1:00	Open Badminton/ Pickleball				
1:30					
2:00				Drop-in Pickleball	
2:30				Open Basketball	
3:00				CGC Program	
3:30				Open Basketball	
4:00				Pumped	
4:30				CGC Program	
5:00				HIT	
5:30				Core	
6:00	Open Badminton/ Pickleball				
6:30					
7:00				Core	
7:30				Dance Fusion	
8:00				Open Badminton/ Pickleball	
8:30				Open Basketball	
9:00				Drop-in Pickleball	
9:30				Open Basketball	

TRACK BOOKINGS:	
10am-12pm	Open Batting Cage (Members Only)

S					
Time	Far Court	Centre Court	Near Court		
7:00	Open Court Times (No Field House Attendant on duty)				
7:30					
8:00	Basketball Nova Scotia's Junior & Senior Academy				
8:30					
9:00				HIT 9:15am	
9:30				Zumba	
10:00				Open Badminton/ Pickleball	
10:30				Basketball Nova Scotia's Junior & Senior Academy	
11:00				Set up	
11:30				Basketball Nova Scotia's Targeted Athlete Strategy	
12:00				Set up	
12:30				Open Basketball	
1:00	Open Badminton/ Pickleball				
1:30					
2:00				Drop-in Pickleball	
2:30				Open Basketball	
3:00				CGC Program	
3:30				Open Basketball	
4:00				Pumped	
4:30				CGC Program	
5:00				HIT	
5:30				Core	
6:00	Open Badminton/ Pickleball				
6:30					
7:00				Core	
7:30				Dance Fusion	
8:00				Open Badminton/ Pickleball	
8:30				Open Basketball	
9:00				Drop-in Pickleball	
9:30				Open Basketball	

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