Field House Schedule

October 21st-October 27th, 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			
8:00	Open Badminton/ Pickleball	Open Basketball	
8:30			
9:00			Cardio Combat 9:15am
9:30			
10:00			Fit for Life
10:30			
11:00			
11:30			
12:00		HIIT Express 12-10pm	
12:30			
1:00			
1:30			
2:00			
2:30			
3:00		CGC Program	Open Basketball
3:30			
4:00			
4:30			
5:00			
5:30			
6:00		Pumped	
6:30			
7:00		Zumba	
7:30			
8:00			
8:30	Booking		
9:00			
9:30			

TRACK BOOKINGS:

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

TRACK BOOKINGS:

2:30pm-4pm	Booking - Lane 4/5/6

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

TRACK BOOKINGS:

12pm-3pm	$3 Track
6pm-7pm	CGC Pgm - Lane 6 & SB

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	Open Basketball	
8:30			
9:00		Dance Fusion 9:15am	
9:30			
10:00		Forever Strong	Booking
10:30			
11:00			CGC Pgm
11:30		Combat Express 12-10pm	
12:00			
12:30			
1:00		CGC Pgm	
1:30			
2:00			
2:30			
3:00		CGC Program	Open Basketball
3:30			
4:00			
4:30			
5:00	CGC Program		
5:30		Athletic Step	
6:00			
6:30			
7:00		Core	
7:30			
8:00			
8:30			
9:00			
9:30			

TRACK BOOKINGS:

2:30pm-4pm	Booking - 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			
8:00	Open Badminton\ Pickleball		
8:30			
9:00		CGC Pgm	
9:30			
10:00		CGC Pgm	HIIT 9:15am
10:30			
11:00			Fit For Life
11:30			
12:00		Booking	
12:30			
1:00			
1:30		CGC Pgm	Open Basketball
2:00			
2:30			
3:00			
3:30			
4:00			
4:30			
5:00			
5:30			
6:00			
6:30			
7:00		Booking	CGC Pgm
7:30			
8:00			
8:30			
9:00			
9:30			

TRACK BOOKINGS:

12pm-3pm	$3 Track
6pm-7pm	Booking - Lane 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	Spiking For Dimes		HIIT 9:15am
9:30			
10:00			Zumba
10:30			
11:00			
11:30			Booking
12:00	Open Badminton/ Pickleball		
12:30			
1:00			
1:30			
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:

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

TRACK BOOKINGS:

8pm-10pm	Competitive Track Clubs - Full Track