

FIELD HOUSE SCHEDULE

February 22nd-28th, 2021



M			
Time	Far Court	Centre Court	Near Court
6:00			
6:30			
7:00	7:15am-8:15am	7:15am-8:15am Bball	
7:30			
8:00			
8:30	8:30am-9:30am	8:30am-9:30am Bball	
9:00			Cardio Combat 9:15am-10:15am
9:30	9:45am-10:45am	9:45am-10:45am Bball	
10:00			
10:30			Fit for Life 10:30am-11:30am
11:00	11am-12pm	11am-12pm Bball	
11:30			
12:00	12:15pm-1:15pm	12:15pm-1:15pm Bball	
12:30			
1:00			
1:30	1:30pm-2:30pm	1:30pm-2:30pm Bball	
2:00			
2:30	2:45pm-3:45pm	2:45pm-3:45pm Bball	
3:00			
3:30			
4:00	4pm-5pm	4pm-5pm Bball	
4:30			
5:00			
5:30	5:30pm-6:30pm	5:30pm-6:30pm Bball	Pumped 5:45pm-6:45pm
6:00			
6:30			
7:00			Zumba 7pm-7:45pm
7:30			
8:00			8pm-9pm Bball
8:30			

T			
Time	Far Court	Centre Court	Near Court
6:00			
6:30			
7:00	7:15am-8:15am	7:15am-8:15am Bball	
7:30			
8:00			
8:30	8:30am-9:30am	8:30am-9:30am Bball	
9:00			Dance Fusion 9:15am-10:15am
9:30	9:45am-10:45am	9:45am-10:45am Bball	
10:00			
10:30			Zumba Gold 10:30am-11:30am
11:00	11am-12pm	11am-12pm Bball	
11:30			
12:00	12:15pm-1:15pm	12:15pm-1:15pm Bball	
12:30			
1:00			
1:30	1:30pm-2:30pm	1:30pm-2:30pm Bball	
2:00			
2:30	2:45pm-3:45pm	2:45pm-3:45pm Bball	
3:00			
3:30			
4:00	4pm-5pm	4pm-5pm Bball	
4:30			
5:00			
5:30	5:30pm-6:30pm	5:30pm-6:30pm Bball	HIIT / Core 5:45pm-6:45pm
6:00			
6:30			
7:00			6:45pm-7:45pm Bball
7:30			
8:00	8pm-9pm	8pm-9pm Bball	
8:30			

W			
Time	Far Court	Centre Court	Near Court
6:00			
6:30			
7:00	7:15am-8:15am	7:15am-8:15am Bball	
7:30			
8:00			
8:30	8:30am-9:30am	8:30am-9:30am Bball	
9:00			Pumped 9:15am-10:15am
9:30	9:45am-10:45am	9:45am-10:45am Bball	
10:00			
10:30			Fit for Life 10:30am-11:30am
11:00	11am-12pm	11am-12pm Bball	
11:30			
12:00	12:15pm-1:15pm	12:15pm-1:15pm Bball	
12:30			
1:00			
1:30	1:30pm-2:30pm	1:30pm-2:30pm Bball	
2:00			
2:30	2:45pm-3:45pm	2:45pm-3:45pm Bball	
3:00			
3:30			
4:00	4pm-5pm	4pm-5pm Bball	
4:30			
5:00			
5:30	5:30pm-6:30pm	5:30pm-6:30pm Bball	Pumped 5:45pm-6:45pm
6:00			
6:30			
7:00			Dance Fusion 7pm-7:45pm
7:30			
8:00			8pm-9pm Bball
8:30			

T			
Time	Far Court	Centre Court	Near Court
6:00			
6:30			
7:00	7:15am-8:15am	7:15am-8:15am Bball	
7:30			
8:00			
8:30	8:30am-9:30am	8:30am-9:30am Bball	
9:00			Dance Fusion 9:15am-10:15am
9:30	9:45am-10:45am	9:45am-10:45am Bball	
10:00			
10:30			Zumba Gold 10:30am-11:30am
11:00	11am-12pm	11am-12pm Bball	
11:30			
12:00	12:15pm-1:15pm	12:15pm-1:15pm Bball	
12:30			
1:00			
1:30	1:30pm-2:30pm	1:30pm-2:30pm Bball	
2:00			
2:30	2:45pm-3:45pm	2:45pm-3:45pm Bball	
3:00			
3:30			
4:00	4pm-5pm	4pm-5pm Bball	
4:30			
5:00			
5:30	5:30pm-6:30pm	5:30pm-6:30pm Bball	HIIT / Core 5:45pm-6:45pm
6:00			
6:30			
7:00			6:45pm-7:45pm Bball
7:30			
8:00	8pm-9pm	8pm-9pm Bball	
8:30			

F			
Time	Far Court	Centre Court	Near Court
6:00			
6:30			
7:00	7:15am-8:15am	7:15am-8:15am Bball	
7:30			
8:00			
8:30	8:30am-9:30am	8:30am-9:30am Bball	
9:00			HIIT 9:15am-10:15am
9:30	9:45am-10:45am	9:45am-10:45am Bball	
10:00			
10:30			Fit for Life 10:30am-11:30am
11:00	11am-12pm	11am-12pm Bball	
11:30			
12:00	12:15pm-1:15pm	12:15pm-1:15pm Bball	
12:30			
1:00			
1:30	1:30pm-2:30pm	1:30pm-2:30pm Bball	
2:00			
2:30	2:45pm-3:45pm	2:45pm-3:45pm Bball	
3:00			
3:30			
4:00	4pm-5pm	4pm-5pm Bball	
4:30			
5:00			
5:30	5:30pm-6:30pm	5:30pm-6:30pm Bball	5:15pm-6:15pm Bball
6:00			
6:30	6:45pm-7:45pm	6:30pm-7:30pm Bball	
7:00			
7:30			
8:00			8pm-9pm Bball
8:30			

S			
Time	Far Court	Centre Court	Near Court
7:00		7am-8am Basketball	
7:30			
8:00			8:15am-9:15am Basketball
8:30			
9:00		HIIT 9:15am-10:15am	
9:30			
10:00	Booking		9:30am-10:30am Bball
10:30		Zumba 10:45am-11:45am	10:45am-11:45am Bball
11:00			
11:30			
12:00			
12:30			
1:00	1pm-2pm		1:15pm-2:15pm Bball
1:30			
2:00			
2:30	2:15pm-3:15pm		2:30pm-3:30pm Bball
3:00			
3:30	3:30pm-4:30pm		3:30pm-4:30pm Bball
4:00			
4:30			
5:00	4:45pm-5:45pm		5pm-6pm Bball
5:30			
6:00	6pm-7pm	6pm-7pm Bball	
6:30			

S			
Time	Far Court	Centre Court	Near Court
7:00			7am-8am Basketball
7:30			
8:00			8:15am-9:15am Basketball
8:30			
9:00			
9:30			9:30am-10:30am Bball
10:00			10:45am-11:45am Bball
10:30			
11:00			
11:30			
12:00			
12:30			
1:00	Booking		11:45am-12:45pm Bball
1:30			12pm-1pm Bball
2:00			
2:30			1:15pm-2:15pm Bball
3:00			2:30pm-3:30pm Bball
3:30			3:30pm-4:30pm Bball
4:00			3:45pm-4:45pm Bball
4:30			4:45pm-5:45pm Bball
5:00			5pm-6pm Bball
5:30			
6:00			
6:30			

Legend	
Badminton/Pickleball	Cleaning / Space Unavailable

All activities require booking. Activities can be booked online or in-person as early as 7 days in advance and up to the hour before, provided there is still space available. You can also book more than one time slot/day. (More on [Booking](#) available online).

For details on current safety measures and modifications to amenities and activities, please visit [Facility Reopening](#) on our website.