## **FIELD HOUSE SCHEDULE: Far Court**

May 26 - June 1

Legend

Cleaning / Space Unavailable

													Centre								
	M			W			Т				F			Please note this schedule is subject to changes and cancellations. Notices and updates to the schedule are posted on our website www.canadagamescentre.ca							
Time	Far (	Court	Time Far Court		Time	Far Court		Time Far Court		Time	e Far Court			S			S				
5:30	Badminton (No Field House staff/equipment)	Pickleball (No Field House staff/equipment)	5:30	Pickleball (No Field House staff/eguipment)	Pickleball (No Field House staff/equipment)	5:30	Badminton (No Field House staff/equipment)	Pickleball (No Field House staff/equipment)	5:30	Pickleball (No Field House staff/equipment)	Pickleball (No Field House staff/equipment)	5:30	Badminton (No Field House staff/equipment)	Pickleball (No Field House staff/equipment)							
6:00 6:30	Badminton (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)	6:00 6:30	Pickleball (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)	6:00 6:30	Badminton (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)	6:00 6:30	Pickleball (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)	6:00 6:30	Badminton (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)	Time	Far	Court	Time	Far	Court	
7:00 7:30	Badminton (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)	7:00 7:30	Pickleball (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)	7:00 7:30	Badminton (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)	7:00 7:30	Pickleball (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)	7:00 7:30	Badminton (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)	7:00 7:30	Pickleball (No Field House staff/no equipment available)	Badminton (No Field House staff/no equipment available)	7:00 7:30	Badminton (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)	
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9:00 9:30	Badminton	Pickleball	9:00 9:30	Pickleball	Pickleball	9:00 9:30	Badminton	Pickleball	9:00 9:30	Pickleball	Pickleball	9:00 9:30	Badminton	Pickleball	9:00 9:30	Pickleball	Badminton	9:00 9:30	Badminton	Pickleball	
10:00 10:30	Badminton	Pickleball	10:00 10:30	Pickleball	Pickleball	10:00 10:30	Badminton	Pickleball	10:00 10:30	Pickleball	Pickleball	10:00 10:30	Badminton	Pickleball	10:00 10:30	Pickleball	Badminton	10:00 10:30	Badminton	Pickleball	
11:00 11:30	Badminton	Pickleball	11:00 11:30	Pickleball	Pickleball	11:00 11:30	Badminton	Pickleball	11:00 11:30	Pickleball	Pickleball	11:00 11:30	Badminton	Pickleball	11:00 11:30	Pickleball	Badminton	11:00 11:30	Badminton	Pickleball	
12:00 12:30	Badminton	Pickleball	12:00 12:30	Pickleball	Pickleball	12:00 12:30	Badminton	Pickleball	12:00 12:30	Pickleball	Pickleball	12:00 12:30	Badminton	Pickleball	12:00 12:30	Pickleball	Badminton	12:00 12:30	Badminton	Pickleball	
1:00 1:30	Badminton	Drop-in	1:00 1:30	Pickleball	CGC	1:00 1:30	Badminton	Drop-in	1:00 1:30	Pickleball	CGC	1:00 1:30	Badminton	Drop-in	1:00 1:30	Pickleball	Badminton	1:00 1:30	Badminton	Pickleball	
2:00 2:30	Badminton	Pickleball	2:00 2:30	Pickleball	Program	2:00 2:30	Badminton	Pickleball	2:00 2:30	Pickleball	Program	2:00 2:30	Badminton	Pickleball	2:00 2:30	Pickleball	Badminton	2:00 2:30	Badminton	Pickleball	
3:00 3:30	Badminton	Pickleball	3:00 3:30	Pickleball	Pickleball	3:00 3:30	Badminton	Pickleball	3:00 3:30	Pickleball	Pickleball	3:00 3:30	Badminton	Pickleball	3:00 3:30	Pickleball	Badminton	3:00 3:30	Badminton	Pickleball	
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5:00 5:30	Badminton	Pickleball	5:00 5:30			5:00 5:30	Badminton		5:00 5:30			5:00 5:30	Badminton	Pickleball	5:00 5:30	Pickleball	Badminton	5:00 5:30	Badminton	Pickleball	
6:00 6:30	Badminton	Pickleball	6:00 6:30	CGC P	rogram	6:00 6:30	Badminton	CGC Program	6:00 6:30	CGC P	rogram	6:00 6:30	Badminton	Pickleball	6:00 6:30	Pickleball	Badminton	6:00 6:30	Badminton	Pickleball	
7:00 7:30			7:00 7:30			7:00 7:30			7:00 7:30			7:00 7:30			7:00 7:30	Pickleball	Badminton	7:00 7:30	Badminton	Pickleball	
8:00			8:00	8:00		8:00				Pickleball	Badminton	8:00	Booking		8:00	Pickleball	Badminton	8:00	Badminton	Pickleball	
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9:30	9:30		9:30		9:30			9:30			9:30										

Badminton and Pickleball Courts require booking, except from 5:30am-6am, Monday-Friday. CGC Members can book Pickleball/Badminton courts up to 72 hours in advance (online through MyRec or in-person at the Customer Service Desk). The full Track is available during Facility Hours, unless otherwise noted in Track Bookings below.

TRACK B	OOKINGS:	TRACK B	OOKINGS:	TRACK B	OOKINGS:	TRACK B	OOKINGS:	TRACK B	TR	
11am-12pm	TRX	10:30am-11:30am	Lane 6	11am-12pm	TRX	10:30am-11:30am	Lane 6	11am-12pm	TRX	
1pm-3pm	\$4 Track	6pm-8pm	Starting Block	1pm-3pm	\$4 Track	6pm-8pm	Starting Blocks	1pm-3pm	\$4 Track	
1:15pm-3:30pm	Starting Blocks			1:15pm-3:30pm	Starting Blocks			6pm-7pm	Lanes 5,6	
6pm-7pm	TRX									



RACK BOOKINGS:

## TRACK BOOKINGS:

## **FIELD HOUSE SCHEDULE: Centre & Near Court**

May 26 - June 1

May 20 - Suite 1		Т			W			Т				F			Please note this sch and updates to the s www.canadagamesc		
Time	Centre Court	Near Court	Time	Centre Court	Near Court	Time	Centre Court	Near Court	Time		entre ourt	Near Court	Time	Centre Court	Near Court		
5:30	Open Co (No Field House Attendan) avai	ourt Times it on duty and no equipment ilable)	5:30	0.000	unt Times	5:30	(No Field House Attendant	ourt Times at on duty and no equipment ilable)	5:30		0	unt Timore	5:30	(No Field House Attendant	ourt Times t on duty and no equipment lable)		
6:00		Rise & Grind	6:00	(No Field House	urt Times Attendant on duty nent available)	6:00		Midweek Momentum	6:00		eld House /	urt Times Attendant on duty nent available)	6:00		Finish Strong	Time	Centre
6:30	CGC Program	6am-7am	6:30		nem available)	6:30	Open Court Times (No Field House Attendant on duty	6am-7am	6:30	and	u no equipi		6:30	Open Court Times (No Field House Attendant on duty	6am-7am	Time	Court
7:00	o o o i rogram	Open Court Times (No Field House Attendant	7:00		urt Times tendant on duty and	7:00	and no equipment available)	Open Court Times (No Field House Attendant	7:00	(No Fie		urt Times tendant on duty and	7:00	and no equipment available)	Open Court Times (No Field House Attendant	7:00	Open 0 (No Field House /
7:30		on duty and no equipment available)	7:30	no equipment available)		7:30		on duty and no equipment available)	7:30			ent available)	7:30		on duty and no equipment available)	7:30	no equipr
8:00			8:00	ninton		8:00	Pickleball		8:00	ninton			8:00	(leball		8:00	
8:30			8:30	n Bad		8:30			8:30	n Badı	_		8:30	Pic		8:30	
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9:30	tbal	o. really re. really	9:30	Bac		9:30	tbal	0.100m 10.100m	9:30	n Bad	Basketball	o.roam to.roam	9:30	tbal	o really recreating	9:30	o. rouni ro. rouni
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4:30			4:30	Bac		4:30	-		4:30	Bac			4:30	-		4:30	Bas
5:00	Packethell		5:00			5:00			5:00				5:00			5:00	
6:00	Basketball		5:30 6:00	_		5:30 6:00			5:30 6:00				5:30 6:00			5:30 6:00	
6:30		Pumped 5:45pm-6:45pm	6:30	Basketball	HIIT/Core 5:45pm-6:45pm	6:00		Pumped 5:45pm-6:45pm	6:30			HIIT/Core 5:45pm-6:45pm	6:30			6:30	
7:00			7:00	sket	Zumba	7:00			7:00			Zumba	7:00	Bask	etball	7:00	
7:30		Dance Step 6:50pm-7:50pm	ce Step	Bas	6:50pm- 7:50pm	7:30		Dance Fusion 6:50pm-7:50pm	7:30	Basl	Basketball	6:50pm- 7:50pm	7:30	Basketball		7:30	
8:00			8:00			8:00	ball ball		8:00				8:00			8:00	
8:30			8:30			8:30	Pickleball Pickleball		8:30				8:30			8:30	
9:00	Booking		9:00			9:00			9:00				9:00			L	
9:30			9:30			9:30	Pickleball		9:30				9:30				

Legend Cleaning / Space Unavailable



schedule is subject to changes and cancellations. Notices he schedule are posted on our website nescentre.ca

