

FIELD HOUSE SCHEDULE: Far Court

May 26 - June 1



Please note this schedule is subject to changes and cancellations. Notices and updates to the schedule are posted on our website [www.canadagamescentre.ca](http://www.canadagamescentre.ca)

M		
Time	Far Court	
5:30	Badminton (No Field House staff/equipment)	Pickleball (No Field House staff/equipment)
6:00	Badminton (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)
6:30		
7:00	Badminton (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)
7:30		
8:00	Badminton	Pickleball
8:30		
9:00	Badminton	Pickleball
9:30		
10:00	Badminton	Pickleball
10:30		
11:00	Badminton	Pickleball
11:30		
12:00	Badminton	Pickleball
12:30		
1:00	Badminton	Drop-in Pickleball
1:30		
2:00	Badminton	
2:30		
3:00	Badminton	Pickleball
3:30		
4:00	Badminton	Pickleball
4:30		
5:00	Badminton	Pickleball
5:30		
6:00	Badminton	Pickleball
6:30		
7:00		
7:30		
8:00	Booking	
8:30		
9:00		
9:30		

T		
Time	Far Court	
5:30	Pickleball (No Field House staff/equipment)	Pickleball (No Field House staff/equipment)
6:00	Pickleball (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)
6:30		
7:00	Pickleball (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)
7:30		
8:00	Pickleball	Pickleball
8:30		
9:00	Pickleball	Pickleball
9:30		
10:00	Pickleball	Pickleball
10:30		
11:00	Pickleball	Pickleball
11:30		
12:00	Pickleball	Pickleball
12:30		
1:00	Pickleball	CGC Program
1:30		
2:00	Pickleball	
2:30		
3:00	Pickleball	Pickleball
3:30		
4:00	Pickleball	Pickleball
4:30		
5:00		
5:30	CGC Program	
6:00		
6:30		
7:00		
7:30		
8:00	Booking	
8:30		
9:00		
9:30		

W		
Time	Far Court	
5:30	Badminton (No Field House staff/equipment)	Pickleball (No Field House staff/equipment)
6:00	Badminton (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)
6:30		
7:00	Badminton (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)
7:30		
8:00	Badminton	Pickleball
8:30		
9:00	Badminton	Pickleball
9:30		
10:00	Badminton	Pickleball
10:30		
11:00	Badminton	Pickleball
11:30		
12:00	Badminton	Pickleball
12:30		
1:00	Badminton	Drop-in Pickleball
1:30		
2:00	Badminton	
2:30		
3:00	Badminton	Pickleball
3:30		
4:00	Badminton	
4:30		
5:00	Badminton	CGC Program
5:30		
6:00	Badminton	
6:30		
7:00		
7:30		
8:00	Booking	
8:30		
9:00		
9:30		

T		
Time	Far Court	
5:30	Pickleball (No Field House staff/equipment)	Pickleball (No Field House staff/equipment)
6:00	Pickleball (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)
6:30		
7:00	Pickleball (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)
7:30		
8:00	Pickleball	Pickleball
8:30		
9:00	Pickleball	Pickleball
9:30		
10:00	Pickleball	Pickleball
10:30		
11:00	Pickleball	Pickleball
11:30		
12:00	Pickleball	Pickleball
12:30		
1:00	Pickleball	CGC Program
1:30		
2:00	Pickleball	
2:30		
3:00	Pickleball	Pickleball
3:30		
4:00	Pickleball	Pickleball
4:30		
5:00		
5:30	CGC Program	
6:00		
6:30		
7:00		
7:30		
8:00	Pickleball	Badminton
8:30		
9:00	Pickleball	Badminton
9:30		

F		
Time	Far Court	
5:30	Badminton (No Field House staff/equipment)	Pickleball (No Field House staff/equipment)
6:00	Badminton (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)
6:30		
7:00	Badminton (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)
7:30		
8:00	Badminton	Pickleball
8:30		
9:00	Badminton	Pickleball
9:30		
10:00	Badminton	Pickleball
10:30		
11:00	Badminton	Pickleball
11:30		
12:00	Badminton	Pickleball
12:30		
1:00	Badminton	Drop-in Pickleball
1:30		
2:00	Badminton	
2:30		
3:00	Badminton	Pickleball
3:30		
4:00	Badminton	Pickleball
4:30		
5:00	Badminton	Pickleball
5:30		
6:00	Badminton	Pickleball
6:30		
7:00		
7:30	Booking	Booking
8:00		
8:30		
9:00		
9:30		

S		
Time	Far Court	
7:00	Pickleball (No Field House staff/no equipment available)	Badminton (No Field House staff/no equipment available)
7:30		
8:00	Pickleball	Badminton
8:30		
9:00	Pickleball	Badminton
9:30		
10:00	Pickleball	Badminton
10:30		
11:00	Pickleball	Badminton
11:30		
12:00	Pickleball	Badminton
12:30		
1:00	Pickleball	Badminton
1:30		
2:00	Pickleball	Badminton
2:30		
3:00	Pickleball	Badminton
3:30		
4:00	Pickleball	Badminton
4:30		
5:00	Pickleball	Badminton
5:30		
6:00	Pickleball	Badminton
6:30		
7:00	Pickleball	Badminton
7:30		
8:00	Pickleball	Badminton
8:30		

S		
Time	Far Court	
7:00	Badminton (No Field House staff/no equipment available)	Pickleball (No Field House staff/no equipment available)
7:30		
8:00	Badminton	Pickleball
8:30		
9:00	Badminton	Pickleball
9:30		
10:00	Badminton	Pickleball
10:30		
11:00	Badminton	Pickleball
11:30		
12:00	Badminton	Pickleball
12:30		
1:00	Badminton	Pickleball
1:30		
2:00	Badminton	Pickleball
2:30		
3:00	Badminton	Pickleball
3:30		
4:00	Badminton	Pickleball
4:30		
5:00	Badminton	Pickleball
5:30		
6:00	Badminton	Pickleball
6:30		
7:00	Badminton	Pickleball
7:30		
8:00	Badminton	Pickleball
8:30		

Legend	
Cleaning / Space Unavailable	

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 BOOKINGS:	
11am-12pm	TRX
1pm-3pm	\$4 Track
1:15pm-3:30pm	Starting Blocks
6pm-7pm	TRX

TRACK BOOKINGS:	
10:30am-11:30am	Lane 6
6pm-8pm	Starting Block

TRACK BOOKINGS:	
11am-12pm	TRX
1pm-3pm	\$4 Track
1:15pm-3:30pm	Starting Blocks

TRACK BOOKINGS:	
10:30am-11:30am	Lane 6
6pm-8pm	Starting Blocks

TRACK BOOKINGS:	
11am-12pm	TRX
1pm-3pm	\$4 Track
6pm-7pm	Lanes 5,6

TRACK BOOKINGS:	

TRACK BOOKINGS:	

FIELD HOUSE SCHEDULE: Centre & Near Court

May 26 - June 1



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M						
Time	Centre Court	Near Court				
5:30	Open Court Times (No Field House Attendant on duty and no equipment available)					
6:00	CGC Program	Rise & Grind 6am-7am	Open Court Times (No Field House Attendant on duty and no equipment available)			
6:30						
7:00						
7:30						
8:00		Basketball				
8:30						
9:00	Pickleball					
9:30				Cardio Combat 9:15am-10:15am		
10:00	Pickleball					
10:30				Fit for Life 10:30am-11:30am		
11:00	Pickleball					
11:30						
12:00	Pickleball					
12:30						
1:00	Drop-in Pickleball			Basketball		
1:30						
2:00						
2:30						
3:00		Basketball				
3:30						
4:00						
4:30						
5:00						
5:30	Basketball					
6:00					Pumped 5:45pm-6:45pm	
6:30						
7:00					Dance Step 6:50pm-7:50pm	
7:30						
8:00	Booking					
8:30						
9:00						
9:30						

T			
Time	Centre Court	Near Court	
5:30	Open Court Times (No Field House Attendant on duty and no equipment available)		
6:00			
6:30			
7:00	Open Court Times (No Field House Attendant on duty and no equipment available)		
7:30			
8:00			
8:30	Basketball	Zumba 9:15am-10:15am	
9:00			
9:30			
10:00			
10:30		Fit for Life 10:30am-11:30am	
11:00			
11:30			
12:00			
12:30		Basketball	
1:00			
1:30			
2:00			
2:30			
3:00			
3:30	CGC Program		
4:00			
4:30			
5:00	Basketball		HIT/Core 5:45pm-6:45pm
5:30			
6:00			
6:30			
7:00		Zumba 6:50pm-7:50pm	
7:30			
8:00			
8:30			
9:00			
9:30			

W			
Time	Centre Court		Near Court
5:30	Open Court Times (No Field House Attendant on duty and no equipment available)		
6:00	Open Court Times (No Field House Attendant on duty and no equipment available)		Midweek Momentum 6am-7am
6:30			
7:00			
7:30			
8:00	Basketball	Pickleball	Open Court Times (No Field House Attendant on duty and no equipment available)
8:30			
9:00			
9:30			
10:00			
10:30			
11:00			
11:30			
12:00			
12:30			
1:00	Drop-in Pickleball	Pickleball	Pumped 9:15am-10:15am
1:30			
2:00			
2:30			
3:00	Basketball	Pickleball	Fit for Life 10:30am-11:30am
3:30			
4:00			
4:30			
5:00			
5:30			
6:00			
6:30			
7:00			
7:30			
8:00	CGC Program	Pickleball	Dance Fusion 6:50pm-7:50pm
8:30			
9:00			
9:30			

T					
Time	Centre Court	Near Court			
5:30	Open Court Times (No Field House Attendant on duty and no equipment available)				
6:00					
6:30					
7:00					
7:30	Open Court Times (No Field House Attendant on duty and no equipment available)				
8:00	Badminton	Basketball			
8:30					
9:00			Zumba 9:15am-10:15am		
9:30					
10:00					
10:30			Fit for Life 10:30am-11:30am		
11:00					
11:30					
12:00			Booking	Basketball	
12:30					
1:00					
1:30					
2:00	Badminton	Basketball			
2:30					
3:00					
3:30			CGC Program		
4:00					
4:30					
5:00			Badminton	Basketball	
5:30					
6:00					HIIT/Core 5:45pm-6:45pm
6:30					
7:00	Zumba 6:50pm-7:50pm				
7:30					
8:00	Basketball				
8:30					
9:00					
9:30					

F			
Time	Centre Court		Near Court
5:30	Open Court Times (No Field House Attendant on duty and no equipment available)		
6:00	Open Court Times (No Field House Attendant on duty and no equipment available)		Finish Strong 6am-7am
6:30			
7:00			
7:30			
8:00	Pickleball	Basketball	Open Court Times (No Field House Attendant on duty and no equipment available)
8:30			
9:00			
9:30			
10:00			
10:30			
11:00			
11:30			
12:00			
12:30			
1:00	Drop-in Pickleball	Basketball	HIIT 9:15am-10:15am
1:30			
2:00			
2:30			
3:00	CGC Program		Fit for Life 10:30am-11:30am
3:30			
4:00			
4:30			
5:00			
5:30			
6:00			
6:30			
7:00			
7:30			
8:00	Basketball		
8:30			
9:00			
9:30			

S		
Time	Centre Court	Near Court
7:00	Open Court Times (No Field House Attendant on duty and no equipment available)	
7:30		
8:00		
8:30		
9:00	Bootcamp 9:15am-10:15am	Booking
9:30		
10:00		
10:30	Zumba 10:30am-11:30am	
11:00		
11:30		
12:00	Basketball	
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		

S		
Time	Centre Court	Near Court
7:00	Open Court Times (No Field House Attendant on duty and no equipment available)	
7:30		
8:00		
8:30		
9:00		Booking
9:30		
10:00	HIIT 10am-11am	
10:30		
11:00		
11:30	Basketball	
12:00		
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		

Legend	
Cleaning / Space Unavailable	