

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		
8:00	Booking	Booking
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		
6:30				
7:00		Open Court Times (No Field House Attendant on duty and no equipment available)		
7:30				
8:00		Basketball		
8:30				
9:00	Pickleball			
9:30				Cardio Combat 9:15am-10:15am
10:00	Pickleball			
10:30	Pickleball			Fit for Life 10:30am-11:30am
11:00	Pickleball			
11:30	Pickleball			
12:00	Pickleball			
12:30	Pickleball			
1:00	Drop-in Pickleball		Basketball	
1:30				
2:00				
2:30				
3:00				
3:30				
4:00				
4:30				
5:00				
5:30				
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	Open Court Times (No Field House Attendant on duty and no equipment available)	
6:30		
7:00	Open Court Times (No Field House Attendant on duty and no equipment available)	
7:30		
8:00	Badminton	Basketball
8:30	Badminton	
9:00	Badminton	
9:30	Badminton	
10:00	Badminton	
10:30	Badminton	
11:00	Badminton	
11:30	Badminton	
12:00	Badminton	
12:30	Badminton	
1:00	Badminton	
1:30	Badminton	
2:00	Badminton	
2:30	Badminton	
3:00	Badminton	
3:30	Badminton	CGC Program
4:00	Badminton	
4:30	Badminton	
5:00		Basketball
5:30		
6:00		
6:30		
7:00		
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		Open Court Times (No Field House Attendant on duty and no equipment available)
7:30		
8:00	Pickleball	Basketball
8:30		
9:00	Pickleball	
9:30	Pickleball	
10:00	Pickleball	
10:30	Pickleball	
11:00	Pickleball	
11:30	Pickleball	
12:00	Pickleball	
12:30		
1:00	Drop-in Pickleball	
1:30		
2:00		
2:30		
3:00		
3:30		
4:00	CGC Program	
4:30		
5:00		
5:30		
6:00		
6:30		
7:00		
7:30		
8:00	Pickleball	
8:30	Pickleball	
9:00	Pickleball	
9:30	Pickleball	

T		
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)	
6:30		
7:00	Open Court Times (No Field House Attendant on duty and no equipment available)	
7:30		
8:00	Badminton	Basketball
8:30	Badminton	
9:00	Badminton	
9:30	Badminton	
10:00	Badminton	
10:30	Badminton	
11:00	Badminton	
11:30	Badminton	
12:00	Badminton	
12:30	Badminton	
1:00	Badminton	
1:30	Badminton	
2:00	Badminton	
2:30	Badminton	
3:00	Badminton	
3:30	Badminton	CGC Program
4:00	Badminton	
4:30	Badminton	
5:00		Basketball
5:30		
6:00		
6:30		
7:00		
7:30		
8:00		
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		Open Court Times (No Field House Attendant on duty and no equipment available)
7:30		
8:00	Pickleball	Basketball
8:30	Pickleball	
9:00	Pickleball	
9:30	Pickleball	
10:00	Pickleball	
10:30	Pickleball	
11:00	Pickleball	
11:30	Pickleball	
12:00	Pickleball	
12:30	Pickleball	
1:00	Drop-in Pickleball	
1:30		
2:00		
2:30		
3:00		
3:30	CGC Program	
4:00		
4:30		
5:00		
5:30		
6:00		
6:30		
7:00		
7:30		
8:00		
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		Booking
8:30		
9:00	Bootcamp 9:15am-10:15am	
9:30		
10:00		
10:30	Zumba 10:30am-11:30am	
11:00		
11:30		
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		

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		Booking
8:30		
9:00		
9:30		
10:00	HIIT 10am-11am	
10:30		
11:00		
11:30		
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	