FIELD HOUSE SCHEDULE: Far Court

May 26 - June 1

Legend

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М			Т				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	e Far Court		Time Far Court		Time	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/equipment)	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	
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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	
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9:00 9:30						9:00 9:30			9:00 9:30	Pickleball	Badminton	9:00 9:30		Dooking							

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.

	Cleaning / Space Un	available	The full Track is av	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	BOOKINGS:	TRACK BOOKINGS:						
	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					-								



TRACK BOOKINGS:

TRACK BOOKINGS:

FIELD HOUSE SCHEDULE: Centre & Near Court

May 26 - June 1

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5:30	Open Cor (No Field House Attendant avail	on duty and no equipment	5:30	Open Co	urt Timos	5:30	(No Field House Attendant	ourt Times t on duty and no equipment ilable)	5:30	Open C	ourt Times	5:30	(No Field House Attendan	ourt Times nt on duty and no equipment illable)		
6:00	am	Rise & Grind	6:00		Attendant on duty	6:00	Open Court Times	Midweek Momentum	6:00	(No Field House	Attendant on duty ment available)	6:00	Open Court Times	Finish Strong	Time	Centre
6:30	rogr	6am-7am	6:30		,	6:30	(No Field House Attendant on duty	6am-7am	6:30		······,	6:30	(No Field House Attendant on duty	6am-7am		Court
7:00	CGC Program	Open Court Times (No Field House Attendant on duty and no equipment	7:00		endant on duty and	7:00	and no equipment available)	Open Court Times (No Field House Attendant on duty and no equipment	7:00	(No Field House A	ourt Times ttendant on duty and	7:00	and no equipment available)	Open Court Times (No Field House Attendant on duty and no equipment	7:00	Open C (No Field House A
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9:00 9:30	ickleba all	Cardio Combat 9:15am-10:15am	9:00 9:30	adminte	Zumba 9:15am-10:15am	9:00 9:30	Pickleball all	Pumped 9:15am-10:15am	9:00 9:30	on Badminton asketball	Zumba 9:15am-10:15am	9:00	e t	HIIT 9:15am-10:15am	9:00 9:30	Bootcamp 9:15am-10:15am
10:00			10:00	ton B ₄		10:00			10:00	Bask Bask		10:00			10:00	
10:30	Pickleball Pick Basketball	Fit for Life	10:30	tadmin	Fit for Life	10:30	Pickleball Pick Basketball	Fit for Life	10:30	admi	Fit for Life	10:30	Pickleball Pick Basketball	Fit for Life	10:30	Zumba
11:00		10:30am-11:30am	11:00	all	10:30am-11:30am	11:00		10:30am-11:30am	11:00	B	10:30am-11:30am	11:00		10:30am-11:30am	11:00	10:30am-11:30an
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6:00	Basket	Pumped	6:00		HIIT/Core	6:00	-	Pumped	6:00		HIIT/Core	6:00			6:00	
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7:00		Dance Step	7:00	Basketball	Zumba 6:50pm-	7:00		Dance Fusion	7:00	etbi	Zumba 6:50pm-	7:00		Basketball	7:00	
7:30		6:50pm-7:50pm	7:30	ů.	7:50pm	7:30		6:50pm-7:50pm	7:30	Basketball	7:50pm	7:30		Bas	7:30	
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8:30	Booking		8:30			8:30			8:30			8:30			8:30	
9:00			9:00			9:00	Pickleball Pickleball		9:00			9:00				
9:30			9:30			9:30	Pic		9:30			9:30				

Legend Cleaning / Space Unavailable



schedule is subject to changes and cancellations. Notices le schedule are posted on our website escentre.ca

