

FIELD HOUSE SCHEDULE: Far Court

September 15- 21



Please note this schedule is subject to changes and cancellations. Notices and updates to the schedule are posted on our website www.canadagamescentre.ca

M		
Time	Far Court	
5:30	Badminton (No Field House staff/equipment)	Pickleball (No Field House staff/equipment)
6:00		
6:30		
7:00	Badminton	Pickleball
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	Booking	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	Badminton	Pickleball
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	Pickleball
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	CGC Program	
5:30		
6:00		
6:30		
7:00		
7:30	Booking	
8:00		
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	Pickleball
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	Booking	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	CGC Program
5:30		
6:00	Badminton	
6:30		
7:00	Badminton	
7:30		
8:00	Badminton	Pickleball
8:30		
9:00	Badminton	Pickleball
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	Pickleball
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	CGC Program	
5:30		
6:00		
6:30		
7:00		
7:30		
8:00	Pickleball	Pickleball
8:30		
9:00	Pickleball	Pickleball
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	Pickleball
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	Booking	
4:30		
5:00		
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S		
Time	Far Court	
7:00	Booking	
7:30		
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11:00		
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S		
Time	Far Court	
7:00	Booking	
7:30		
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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 3 days in advance as of 9am everyday (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:	
9m-10am	Starting Block
9:15am- 10:15am	Bike Alcove
1pm-3pm	\$4 Track
2:30pm-3:30pm	Starting Block
6pm-7pm	Bike Alcove & TRX

TRACK BOOKINGS:	
9:15am- 10:15am	Bike Alcove
1:30pm-3:30pm	Starting Block
10:30am-11:30am	Lane 6
6pm-7pm	Bike Alcove & Starting Block
7pm-8pm	Starting Block

TRACK BOOKINGS:	
9m-10am	Starting Block
9:15am- 10:15am	Bike Alcove
11am-12pm	TRX
1pm-3pm	\$4 Track
2:30pm-3:30pm	Starting Block

TRACK BOOKINGS:	
9:15am- 10:15am	Bike Alcove
1:30pm-3:30pm	Starting Block
10:30am-11:30am	Lane 6
6pm-7pm	Bike Alcove & Starting Block
7pm-8pm	Starting Block

TRACK BOOKINGS:	
9am-10am	Starting Block
9:15am- 10:15am	Bike Alcove
9:15am- 10:15am	Bike Alcove
1pm-3pm	\$4 Track

TRACK BOOKINGS:	
9am- 10am	Bike Alcove

TRACK BOOKINGS:	
10am-6pm	motionball - Full Track
11am-12pm	HIIT Starting Blocks

FIELD HOUSE SCHEDULE: Centre & Near Court
September 15- 21



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M		
Time	Centre Court	Near Court
5:30		
6:00	CGC Program	RISE & GRIND BOOTCAMP 6am-7am
6:30		
7:00		Open Court Times (No Field House Attendant on duty and no equipment available)
7:30		
8:00		
8:30		
9:00	Basketball	CARDIO COMBAT 9:15am-10:15am
9:30		
10:00		
10:30		Fit for Life 10:30am-11:30am
11:00		
11:30		
12:00		
12:30		
1:00	Drop-in Pickleball	Basketball
1:30		
2:00		
2:30		
3:00		
3:30		
4:00		
4:30		
5:00	Basketball	
5:30		
6:00		Pumped 5:45pm-6:45pm
6:30		
7:00		
7:30		
8:00		
8:30		Booking
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			
8:00	Badminton	Basketball	
8:30	Badminton		
9:00	Badminton		Zumba 9:15am-10:15am
9:30	Badminton		
10:00	Badminton		
10:30	Badminton		Fit for Life 10:30am-11:30am
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		
4:00	Badminton	CGC Program	
4:30	Badminton		
5:00			
5:30			
6:00		HIIT/Core 5:45pm-6:45pm	
6:30			
7:00		Dance Fusion 6:50pm-7:50pm	
7:30			
8:00		Basketball	
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)	<div>Midweek BOOTCAMP 6am-7am</div>		
6:00				
6:30				
7:00				
7:30				
8:00	Basketball			
8:30				
9:00			Pumped 9:15am-10:15am	
9:30				
10:00				
10:30			Fit for Life 10:30am-11:30am	
11:00				
11:30				
12:00				
12:30				
1:00			Drop-in Pickleball	Basketball
1:30				
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2:30				
3:00			CGC Program	
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5:00				
5:30				
6:00	Pumped 5:45pm-6:45pm			
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7:00	Basketball			
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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			
8:00	Badminton	Basketball	
8:30	Badminton		
9:00	Badminton		Zumba 9:15am-10:15am
9:30	Badminton		
10:00	Badminton		
10:30	Badminton		Fit for Life 10:30am-11:30am
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		
4:00	Badminton		
4:30	Badminton		
5:00			
5:30			
6:00			
6:30			
7:00	CGC Booking	Dance Fusion 6:50pm-7:50pm	
7:30			
8:00			
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F		
Time	Centre Court	Near Court
5:30	<div>Open Court Times (No Field House Attendant on duty and no equipment available)</div> <div>Midweek BOOTCAMP 6am-7am</div>	
6:00		
6:30		
7:00		
7:30		
8:00	<div>Basketball</div> <div>HIIT 9:15am-10:15am</div> <div>Fit for Life 10:30am-11:30am</div> <div>Basketball</div> <div>Drop-in Pickleball</div> <div>Booking</div>	
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S		
Time	Centre Court	Near Court
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S		
Time	Centre Court	Near Court
7:00	Booking	
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Legend	
Cleaning / Space Unavailable	