

# FIELD HOUSE SCHEDULE: Far Court

February 2-8



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

6am-7am	Lane 6,5,4
1pm-3pm	\$4 Track
7pm-8pm	Lane 1
7:30pm-9pm	Lane 6,5
8pm-9pm	Lane 4

### TRACK BOOKINGS:

6am-8am	Lane 4,5,6
10:30am-11:30am	Lane 6
6:30pm-7:30pm	Lane 5,6
8pm-10pm	Lane 4,5,6
8pm-9pm	Lane 1,2

### TRACK BOOKINGS:

6am-7am	Lane 6,5,4
1pm-3pm	\$4 Track
7pm-8pm	Lane 1
8pm-10pm	Lane 1,2
8pm-9pm	Lane 1,2

### TRACK BOOKINGS:

6am-8am	Lane 4,5,6
10:30am-11:30am	Lane 6
8pm-10pm	Lane 4,5,6
8pm-9pm	Lane 1,2

### TRACK BOOKINGS:

6am-7:30am	Lane 6,5
1pm-3pm	\$4 Track
6:00pm-8:30pm	Lane 6,5,4
8pm-9pm	Lane 1,2

### TRACK BOOKINGS:

7:00am- 8:00pm	Track Full
9:30am-10:30am	Lane 1
7pm-9pm	Lane 6,5,4

### TRACK BOOKINGS:


# FIELD HOUSE SCHEDULE: Centre & Near Court

February 2-8



M			T			W			T			F			S			S		
Time	Centre Court	Near Court	Time	Centre Court	Near Court	Time	Centre Court	Near Court	Time	Centre Court	Near Court	Time	Centre Court	Near Court	Time	Centre Court	Near Court	Time	Centre Court	Near Court
5:30			5:30			5:30			5:30			5:30			5:30			7:00		
6:00	CGC Program	Rise & Grind BOOTCAMP 6am-7am	6:00	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 BOOTCAMP 6am-7am	6:00	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 BOOTCAMP 6am-7am	6:00	Open Court Times (No Field House Attendant on duty and no equipment available)		7:00	Open Court Times (No Field House Attendant on duty and no equipment available)	
6:30		Open Court Times (No Field House Attendant on duty and no equipment available)	6:30		6:30			6:30	Open Court Times (No Field House Attendant on duty and no equipment available)		6:30			6:30	Open Court Times (No Field House Attendant on duty and no equipment available)		7:30	Open Court Times (No Field House Attendant on duty and no equipment available)		
7:00			7:00			7:00			7:00			7:00			7:00			7:30		
7:30			7:30			7:30			7:30			7:30			7:30			8:00		
8:00	Pickleball		8:00	Badminton		8:00	Pickleball		8:00	Badminton		8:00	Pickleball		8:00	Badminton		8:00	Badminton	
8:30	Pickleball		8:30	Badminton		8:30	Pickleball		8:30	Badminton		8:30	Pickleball		8:30	Badminton		8:30	Badminton	
9:00			9:00			9:00			9:00			9:00			9:00			9:00		
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10:00	Pickleball		10:00	Badminton		10:00	Pickleball		10:00	Badminton		10:00	Pickleball		10:00	Badminton		10:00	Badminton	
10:30	Pickleball		10:30	Badminton		10:30	Pickleball		10:30	Badminton		10:30	Pickleball		10:30	Badminton		10:30	Badminton	
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11:30	Pickleball		11:30	Badminton		11:30	Pickleball		11:30	Badminton		11:30	Pickleball		11:30	Badminton		11:30	Badminton	
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12:30	Pickleball		12:30	Badminton		12:30	Pickleball		12:30	Badminton		12:30	Pickleball		12:30	Badminton		12:30	Badminton	
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1:30	Drop-in Pickleball		1:30			1:30			1:30			1:30			1:30			1:30		
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8:00	Booking		8:00			8:00			8:00			8:00			8:00			8:00		
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Basketball			Basketball			Basketball			Basketball			Basketball			Basketball			Basketball		
Pumped 5:45pm-6:45pm			HIIT/Core 5:45pm-6:45pm			Pumped 5:45pm-6:45pm			HIIT/Core 5:45pm-6:45pm			Pumped 5:45pm-6:45pm			HIIT/Core 5:45pm-6:45pm			Pumped 5:45pm-6:45pm		
Yoga Fusion 6:50pm-8pm			Yoga Fusion 6:50pm-8pm			Yoga Fusion 6:50pm-8pm			Yoga Fusion 6:50pm-8pm			Yoga Fusion 6:50pm-8pm			Yoga Fusion 6:50pm-8pm			Yoga Fusion 6:50pm-8pm		
Booking			Booking			Booking			Booking			Booking			Booking			Booking		
CGC Program			CGC Program			CGC Program			CGC Program			CGC Program			CGC Program			CGC Program		
Drop-in Pickleball			Drop-in Pickleball			Drop-in Pickleball			Drop-in Pickleball			Drop-in Pickleball			Drop-in Pickleball			Drop-in Pickleball		
Rise & Grind BOOTCAMP 6am-7am			Open Court Times (No Field House Attendant on duty and no equipment available)			Open Court Times (No Field House Attendant on duty and no equipment available)			Open Court Times (No Field House Attendant on duty and no equipment available)			Open Court Times (No Field House Attendant on duty and no equipment available)			Open Court Times (No Field House Attendant on duty and no equipment available)			Open Court Times (No Field House Attendant on duty and no equipment available)		
Cardio Combat 9:15am-10:15am			Zumba 9:15am-10:15am			Pumped 9:15am-10:15am			Zumba 9:15am-10:15am			Pumped 9:15am-10:15am			Zumba 9:15am-10:15am			Pumped 9:15am-10:15am		