

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Schedule subject to change. For up to date scheduling changes please visit: www.badlandscommunityfacility.com *Contact the BCF @ 403-823-1370 to register. Registration deadlines apply. **Facility booking: Registration goes through the organization who has booked the facility Hours of Operation Monday - Friday: 6AM - 9AM Saturday & Sunday: 8AM - 7PM Closed Holidays			1 Facility Closed	2	3	4
			5	6	7	8
(FHC) 12pm-4pm Drop In Basketball	9am-11am Sr's \$2 Walk (FS) 5:15pm-6:30pm Drop In Vinyasa Yoga	(FHAB) 9am-11-am Drop in Pickleball (FS) 5pm-6pm Drop In Keeping Up Fitness (FHF) 8pm-9pm Drop-In Soccer	9am-11am Sr's \$2 Walk 10am-11:30am Parent Link - Play and Roll (FHC) 12pm-4pm Drop In Basketball (FS) 5:15pm-6:30pm Drop In Vinyasa Yoga (FHB) 6:30pm-9pm Drop In Pickleball	(FHAB) 9am-11-am Drop in Pickleball (FS) 5pm-6pm Drop In Keeping Up Fitness (FHB) 7pm-9pm Drop In Volleyball	9am-11am Sr's \$2 Walk (FHA) 10am-12pm Drop In Shuffleboard 12pm-1pm Piano's and Paninis (FHC) 5pm-9pm Drop In Basketball (FHB) 6pm-9pm Drop In \$2 Badminton 6pm-9pm TGIF Fridays (FHA) 6pm-9pm Drop In \$2 Floor Hockey	(FHAB) 9am-11am Drop-In Pickleball
2pm-4pm Indoor Family Free Play	(FHA) 6pm-9pm Drop In Floor Hockey (FHB) 6:30pm-9pm Drop In Pickleball					
12	13	14	15	16	17	18
(FHC) 12pm-4pm Drop In Basketball	9am-11am Sr's \$2 Walk (FS) 10am-11am Keeping Up Fitness - Morning Bootcamp* (FS) 4pm-5pm Youth Bootcamp* (FS) 5:15pm-6:30pm Drop In Vinyasa Yoga (FHA) 6pm-9pm Drop In Floor Hockey (FHB) 6:30pm-9pm Drop In Pickleball	(FHAB) 9am-11-am Drop in Pickleball (FS) 12:15pm-12:45pm - Lunchtime Step30* (FS) 5pm-6pm Drop In Keeping Up Fitness (TRX) 5:15pm-6:15pm TRX Strength* (FHF) 8pm-9pm Drop-In Soccer	9am-11am Sr's \$2 Walk 10am-11:30am Parent Link - Play and Roll (FHC) 12pm-4pm Drop In Basketball (FS) 5:15pm-6:30pm Drop In Vinyasa Yoga (FHB) 6:30pm-9pm Drop In Pickleball	(FHAB) 9am-11-am Drop in Pickleball (FS) 5pm-6pm Drop In Keeping Up Fitness (TRX) 5:15pm-6:15pm TRX strength* (FS) 6:30-7:30 Keeping Up Bootcamp* (FHB) 7pm-9pm Drop In Volleyball	9am-11am Sr's \$2 Walk (FHA) 10am-12pm Drop In Shuffleboard (FHF) 1pm-4pm Youth Toonie Drop In (FHC) 5pm-9pm Drop In Basketball (FHB) 6pm-9pm Drop In \$2 Badminton 6pm-9pm TGIF Fridays (FHA) 6pm-9pm Drop In \$2 Floor Hockey	(FHBC) 9am-11-am Drop in Pickleball
2pm-4pm Indoor Family Free Play	(FS) 12:15pm-12:45pm - Lunchtime Strong30* (FS) 4pm-5pm Youth Bootcamp* (FS) 5:15pm-6:30pm Drop In Vinyasa Yoga (FHA) 6pm-9pm Drop In Floor Hockey (FHB) 6:30pm-9pm Drop In Pickleball					
19	20	21	22	23	24	25
(FHC) 12pm-4pm Drop In Basketball	9am-11am Sr's \$2 Walk (FS) 10am-11am Keeping Up Fitness - Morning Bootcamp* (FS) 12:15pm-12:45pm - Lunchtime Strong30* (FS) 4pm-5pm Youth Bootcamp* (FS) 5:15pm-6:30pm Drop In Vinyasa Yoga (FHA) 6pm-9pm Drop In Floor Hockey (FHB) 6:30pm-9pm Drop In Pickleball	(FHAB) 9am-11-am Drop in Pickleball (FS) 12:15pm-12:45pm - Lunchtime Step30* (FS) 5pm-6pm Drop In Keeping Up Fitness (TRX) 5:15pm-6:15pm TRX Strength* (FHF) 8pm-9pm Drop-In Soccer (BHC) 7pm-8:30pm Yin Yoga*	9am-11am Sr's \$2 Walk (FS) 9:30 - 10:30 - Chair Yoga* 10am-11:30am Parent Link - Play and Roll (FS) 12:15pm-12:45pm - Lunchtime: Zumba30* (FHC) 12pm-4pm Drop In Basketball (FS) 5:15pm-6:30pm Drop In Vinyasa Yoga (LMR) 6:30pm-8pm Who's Your Great Granddaddy* (FHB) 6:30pm-9pm Drop In Pickleball (FS) 7pm-8:30pm Bend with Jenn*	(FHAB) 9am-11-am Drop in Pickleball (FS) 5pm-6pm Drop In Keeping Up Fitness (TRX) 5:15pm-6:15pm TRX strength *(KI) 5:30pm-8:30pm Registered Workshop: Asian Fusion Cooking (FS) 6:30-7:30 Keeping Up Bootcamp* (FHB) 7pm-9pm Drop In Volleyball	9am-11am Sr's \$2 Walk (FHA) 10am-12pm Drop In Shuffleboard (FS) 5:30pm-6:30pm Gentle Yoga* (FHC) 5pm-9pm Drop In Basketball (FHB) 6pm-9pm Drop In \$2 Badminton 6pm-9pm TGIF Fridays (FHA) 6pm-9pm Drop In \$2 Floor Hockey (LMR) 6:30pm-8:30pm DIY Aromatherapy and Bath Salts Workshop*	(FHBC) 9am-11-am Drop in Pickleball (FHAB) 12pm-5pm Family Fun Event - Family Literacy Carnival
2pm-4pm Indoor Family Free Play	(FS) 12:15pm-12:45pm - Lunchtime Strong30* (FS) 4pm-5pm Youth Bootcamp* (FS) 5:15pm-6:30pm Drop In Vinyasa Yoga (FHA) 6pm-9pm Drop In Floor Hockey (FHB) 6:30pm-9pm Drop In Pickleball					
26	27	28	29	30	31	Feb-01
(FHC) 12pm-4pm Drop In Basketball	9am-11am Sr's \$2 Walk (FS) 10am-11am Keeping Up Fitness - Morning Bootcamp* (FS) 12:15pm-12:45pm - Lunchtime Strong30* (FS) 4pm-5pm Youth Bootcamp* (FS) 5:15pm-6:30pm Drop In Vinyasa Yoga (FHA) 6pm-9pm Drop In Floor Hockey (FHB) 6:30pm-9pm Drop In Pickleball	(FHAB) 9am-11-am Drop in Pickleball (FS) 12:15pm-12:45pm - Lunchtime Step30* (FS) 5pm-6pm Drop In Keeping Up Fitness (TRX) 5:15pm-6:15pm TRX Strength* (FHF) 8pm-9pm Drop-In Soccer (BHC) 7pm-8:30pm Yin Yoga*	9am-11am Sr's \$2 Walk (FS) 9:30 - 10:30 - Chair Yoga* 10am-11:30am Parent Link - Play and Roll (FS) 12:15pm-12:45pm - Lunchtime: Zumba30* (KA) 4:30pm-6:30pm Kids Can Cook Too! (6-8 yrs) * (FHC) 5pm-9pm pm Drop In Basketball (FS) 5:15pm-6:30pm Drop In Vinyasa Yoga (LMR) 6:30pm-8pm Who's Your Great Granddaddy* (FHB) 6:30pm-9pm Drop In Pickleball	(FHAB) 9am-11-am Drop in Pickleball (FS) 5pm-6pm Drop In Keeping Up Fitness (TRX) 5:15pm-6:15pm TRX strength* (FS) 6:30-7:30 Keeping Up Bootcamp* (FHB) 7pm-9pm Drop In Volleyball (BHC) 7pm-8:30pm Yin Yoga*	9am-11am Sr's \$2 Walk (FHA) 10am-12pm Drop In Shuffleboard (FS) 5:30pm-6:30pm Gentle Yoga* (FHF) 1pm-4pm Youth Toonie Drop In (LMR) 2pm-4pm Kids Make Gifts Aromatherapy Workshop* (FHC) 5pm-9pm Drop In Basketball (FHB) 6pm-9pm Drop In \$2 Badminton (FHA) 6pm-9pm Drop In \$2 Floor Hockey 6pm-9pm TGIF Fridays	* 8am-4:30pm Women's Health and Fitness Retreat "Hindsight is 2020" Registration required
2pm-4pm Indoor Family Free Play	(FS) 12:15pm-12:45pm - Lunchtime Strong30* (FS) 4pm-5pm Youth Bootcamp* (FS) 5:15pm-6:30pm Drop In Vinyasa Yoga (FHA) 6pm-9pm Drop In Floor Hockey (FHB) 6:30pm-9pm Drop In Pickleball					
Registered Program*		FS= Fitness Studio				
Private Booking		FHA/B/C= Field House				
Free Public		TRX= TRX Corner				
Drop-In Fitness		FHF= Full Field House/Gym				
Drop-In Sports						
Closures/Cancelations		RT= Running Track				

