

Saskatoon Field House, Week: Feb 15 - Feb 21

PDF Generated Feb 17 2026 11:33:14 AM

Program Description	Sunday, Feb 15	Monday, Feb 16	Tuesday, Feb 17	Wednesday, Feb 18	Thursday, Feb 19	Friday, Feb 20	Saturday, Feb 21
Field House Badminton	9:00 AM-4:00 PM		7:00 AM-4:00 PM	7:00 AM-4:00 PM	7:00 AM-1:00 PM 1:00 PM-4:00 PM	7:00 AM-4:00 PM 7:00 PM-10:00 PM	9:00 AM-4:00 PM
Field House Pickleball			7:00 AM-5:00 PM	7:00 AM-5:00 PM	7:00 AM-1:00 PM 1:00 PM-4:00 PM	7:00 AM-5:00 PM 7:00 PM-10:00 PM	9:00 AM-4:00 PM
Field House Sauna	9:00 AM-4:30 PM		7:00 AM-10:00 PM	7:00 AM-10:00 PM	7:00 AM-1:00 PM 1:00 PM-10:00 PM	7:00 AM-10:00 PM	9:00 AM-4:30 PM
Field House Steam Room	9:00 AM-4:30 PM		7:00 AM-10:00 PM	7:00 AM-10:00 PM	7:00 AM-1:00 PM 1:00 PM-10:00 PM	7:00 AM-10:00 PM	9:00 AM-4:30 PM
Field House Public Track	9:00 AM-4:30 PM		7:00 AM-4:00 PM 7:45 PM-10:00 PM	7:00 AM-4:00 PM 7:45 PM-10:00 PM	7:00 AM-1:00 PM 7:45 PM-10:00 PM	7:00 AM-4:00 PM 6:30 PM-10:00 PM	9:00 AM-4:30 PM
Field House Cardio & Weight Room	9:00 AM-4:30 PM		7:00 AM-10:00 PM	7:00 AM-10:00 PM	7:00 AM-10:00 PM	7:00 AM-10:00 PM	9:00 AM-4:30 PM
Field House Child Minding		9:00 AM-11:45 AM	9:00 AM-11:45 AM	9:00 AM-11:45 AM	9:00 AM-11:45 AM	9:00 AM-11:45 AM	
Field House Public Track - STAT		9:00 AM-2:00 PM					
Field House Badminton - STAT		9:00 AM-2:00 PM					
Field House Pickleball - STAT		9:00 AM-2:00 PM					
Field House Cardio & Weight Room - STAT		9:00 AM-4:30 PM					

Program Description	Sunday, Feb 15	Monday, Feb 16	Tuesday, Feb 17	Wednesday, Feb 18	Thursday, Feb 19	Friday, Feb 20	Saturday, Feb 21
Field House Sauna - STAT		9:00 AM-4:30 PM					
Field House Steam Room - STAT		9:00 AM-4:30 PM					
Field House HIIT				9:15 AM-10:15 AM			
Field House Cardio & Sculpt	9:15 AM-10:15 AM	12:10 PM-1:00 PM				5:30 PM-6:15 PM	11:30 AM-12:30 AM
Field House Holiday Fitness Class		9:15 AM-10:15 AM 10:30 AM-11:30 AM					
Field House Zumba (Class moved to Cosmo)							9:15 AM-10:15 AM
Field House Boxercise (Class moved to Cosmo)							10:15 AM-11:15 AM
Field House Muscle Sculpt			10:30 AM-11:15 AM	12:10 PM-1:00 PM 5:30 PM-6:30 PM	10:30 AM-11:15 AM	12:10 PM-1:00 PM	
Field House Mat Pilates				10:45 AM-11:45 AM			
Field House Track					1:00 PM-10:00 PM		
Field House Boxercise					6:30 PM-7:30 PM 6:45 PM-7:45 PM		
Saskatoon Field House Badminton			8:00 PM-10:00 PM	8:00 PM-10:00 PM	8:00 PM-10:00 PM		
Saskatoon Field House Pickleball			8:00 PM-10:00 PM	8:00 PM-10:00 PM	8:00 PM-10:00 PM		

Program Description	Sunday, Feb 15	Monday, Feb 16	Tuesday, Feb 17	Wednesday, Feb 18	Thursday, Feb 19	Friday, Feb 20	Saturday, Feb 21
Field House Fitness Yoga			12:10 PM-1:00 PM 5:15 PM-6:15 PM	9:15 AM-10:15 AM	12:10 PM-1:00 PM		
Field House Zumba Fitness					9:15 AM-10:15 AM		
Field House Group Cycle			9:30 AM-10:15 AM		9:30 AM-10:15 AM		
Field House Chair Yoga	10:30 AM-11:30 AM						
Field House Group Cycle & Sculpt			5:45 PM-6:30 PM				

Saskatoon Field House, Week: Feb 22 - Feb 28

PDF Generated Feb 17 2026 11:33:40 AM

Program Description	Sunday, Feb 22	Monday, Feb 23	Tuesday, Feb 24	Wednesday, Feb 25	Thursday, Feb 26	Friday, Feb 27	Saturday, Feb 28
Field House Badminton	9:00 AM-4:00 PM	7:00 AM-4:00 PM	7:00 AM-4:00 PM	7:00 AM-4:00 PM	7:00 AM-4:00 PM	7:00 AM-4:00 PM 7:00 PM-10:00 PM	9:00 AM-4:00 PM
Field House Public Track	9:00 AM-4:30 PM	7:00 AM-4:00 PM 7:45 PM-10:00 PM	7:00 AM-4:00 PM 7:45 PM-10:00 PM	7:00 AM-4:00 PM 7:45 PM-10:00 PM	7:00 AM-4:00 PM 7:45 PM-10:00 PM	7:00 AM-4:00 PM 6:30 PM-10:00 PM	9:00 AM-4:30 PM
Field House Pickleball		7:00 AM-5:00 PM	7:00 AM-5:00 PM	7:00 AM-5:00 PM	7:00 AM-5:00 PM	7:00 AM-5:00 PM 7:00 PM-10:00 PM	9:00 AM-4:00 PM
Field House Cardio & Weight Room	9:00 AM-4:30 PM	7:00 AM-10:00 PM	7:00 AM-10:00 PM	7:00 AM-10:00 PM	7:00 AM-10:00 PM	7:00 AM-10:00 PM	9:00 AM-4:30 PM
Field House Sauna	9:00 AM-4:30 PM	7:00 AM-10:00 PM	7:00 AM-10:00 PM	7:00 AM-10:00 PM	7:00 AM-10:00 PM	7:00 AM-10:00 PM	9:00 AM-4:30 PM
Field House Steam Room	9:00 AM-4:30 PM	7:00 AM-10:00 PM	7:00 AM-10:00 PM	7:00 AM-10:00 PM	7:00 AM-10:00 PM	7:00 AM-10:00 PM	9:00 AM-4:30 PM
Field House Child Minding		9:00 AM-11:45 AM	9:00 AM-11:45 AM	9:00 AM-11:45 AM	9:00 AM-11:45 AM	9:00 AM-11:45 AM	
Field House HIIT				9:15 AM-10:15 AM			
Field House Cardio & Sculpt	9:15 AM-10:15 AM	12:10 PM-1:00 PM				5:30 PM-6:15 PM	11:30 AM-12:30 AM
Field House Boxercise					6:30 PM-7:30 PM		10:15 AM-11:15 AM
Field House Muscle Sculpt			10:30 AM-11:15 AM	12:10 PM-1:00 PM 5:30 PM-6:30 PM	10:30 AM-11:15 AM	12:10 PM-1:00 PM	
Field House Mat Pilates				10:45 AM-11:45 AM			

Program Description	Sunday, Feb 22	Monday, Feb 23	Tuesday, Feb 24	Wednesday, Feb 25	Thursday, Feb 26	Friday, Feb 27	Saturday, Feb 28
Saskatoon Field House Badminton		8:00 PM-10:00 PM	8:00 PM-10:00 PM	8:00 PM-10:00 PM	8:00 PM-10:00 PM		
Saskatoon Field House Pickleball		8:00 PM-10:00 PM	8:00 PM-10:00 PM	8:00 PM-10:00 PM	8:00 PM-10:00 PM		
Field House Group Cycle & Sculpt		7:10 AM-7:55 AM	5:45 PM-6:30 PM		5:45 PM-6:30 PM	9:15 AM-10:15 AM	10:30 AM-11:30 AM
Field House Zumba Fitness		6:00 PM-7:00 PM			9:15 AM-10:15 AM 7:45 PM-8:30 PM		9:15 AM-10:00 AM
Field House Fitness Yoga			12:10 PM-1:00 PM 5:15 PM-6:15 PM	9:15 AM-10:15 AM	12:10 PM-1:00 PM 5:15 PM-6:15 PM		
Field House Group Cycle		6:00 PM-6:45 PM	9:30 AM-10:15 AM		9:30 AM-10:15 AM		
Field House Chair Yoga	10:30 AM-11:30 AM	10:30 AM-11:30 AM					
Field House Intermediate Fitness Yoga							1:00 PM-2:00 PM