

# SBRC Gym Schedule

## February



**\*2/16 Gym Closed for Rental 3:00-5:00**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Open Gym 6:00-9:00	Open Gym	Open Gym 6:00-12:00	Open Gym	Open Gym 6:00-9:00		
6:30am		Bootcamp 6:30-7:30		Bootcamp 6:30-7:30			
7:00am		Open Gym 7:30-8:50		Open Gym 7:30-8:50			
7:30am							
8:00am							
8:30am							
9:00am	Setup	Drop-in Total Body Fitness 8:50-10:00	Drop-in Total Body Fitness 8:50-10:00	Setup	Drop-in Womens Volleyball 8:30-11:00	Drop-in Adult Basketball 8:00-11:00	
9:30am	Gym Jam 9:30-11:30	Open Gym 10:00-11:00	Open Gym 10:00-11:00	Gym Jam 9:30-11:30			
10:00am							
10:30am							
11:00am		Drop-in Adult Basketball 11:00-1:30		Drop-in Adult Basketball 11:00-1:30			Open Gym 11:00-12:00
11:30am	Clean-up		Drop-in Sprts Conditioning 12:00-1:00	Clean-up	Drop-in Sprts Conditioning 12:00-1:00	Open Gym 11:00-3:00	Youth Volleyball 12:00-1:30 <i>not 2/16</i>
12:00pm	Drop-in Sprts Conditioning 12:00-1:00			Drop-in Sprts Conditioning 12:00-1:00			
12:30pm	Open Gym		Drop-in Bball 1:00-2:30	Open Gym 1:00-3:00			
1:00pm							
1:30pm	Nuggets 1:30-3:00 <i>2/17 only</i>	Drop-in Picklbl 1:30-3:30	Open Gym 1:00-3:00	Drop-in Picklbl 1:30-3:30	Open Gym 1:00-3:30		* Open Gym 1:30-5:00
2:00pm							
2:30pm							
3:00pm	Open Gym	Open Gym 1:30-6:00	Drop-in Youth Basketball 3:00-5:00		Drop-in Youth Basketball 3:30-5:00	Tennis 3:00-5:00	
3:30pm	Drop-in Youth Basketball 3:30-5:00			Open Gym 1:30-7:15			
4:00pm		Youth Vball 4:00-6:00					
4:30pm							
5:00pm	Kickboxing 5:00-6:00		Kickboxing 5:00-6:00	Sprts Smplr 5:00-6:00	Open Gym		
5:30pm							
6:00pm	Women's Basketball 6:00-8:30	B League Basketball 6:00-10:00	B League Basketball 6:00-10:00		Drop-in Badminton 5:45-7:45		
6:30pm							
7:00pm							
7:30pm							
8:00pm				Drop-in Badminton 7:15-9:15			
8:30pm	Open Gym 8:30-9:30						
9:00pm							
9:30pm							

**GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME**

For more information call 303-441-3448 or go to [Http://www.boulderparks-rec.org](http://www.boulderparks-rec.org)