



NBRC Gym Schedule

April

We are open 8:00am- 5:00pm at NBRC on Easter (Sunday April 5th)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Open Gym 6:00-7:30	Open Gym 6:00-8:00	Open Gym 6:00-7:30	Open Gym 6:00-8:00	Open Gym 6:00-7:30	Open Gym 6:30-8:00	
6:30am							
7:00am							
7:30am	Drop-in Fit For Life 7:30-8:30	MRT 8:00-8:45	Drop-in Fit For Life 7:30-8:30	MRT 8:00-8:45	Drop-in Fit For Life 7:30-8:30	Drop-in GPW 8:00-9:00	Open Gym 7:30-8:30
8:00am							
8:30am	Drop-in Pickleball 8:45-10:30	Drop-in Pickleball 8:45-10:30	Drop-in Pickleball 8:45-10:30	Drop-in Pickleball 8:45-10:30	Open Gym 8:30-10:30		Drop-in CoEd Volleyball 8:30-12:30
9:00am							
9:30am							
10:00am							
10:30am	Drop-in Fit For Life 10:30-11:30	Open Gym 10:30-1:00	Drop-in Fit For Life 10:30-11:30	Open Gym 10:30-1:00	Drop-in Fit For Life 10:30-11:30		
11:00am							
11:30am							
12:00pm	Drop-in Adult Basketball 11:30-1:30	Drop-in Senior Basketball 1:00-2:30	Drop-in Adult Basketball 11:30-1:30	Drop-in Senior Basketball 1:00-2:30	Drop-in Adult Basketball 11:30-1:30		
12:30pm							
1:00pm	Open Gym 1:30-2:30	Drop-in Youth Basketball 2:30-5:00	Open Gym 1:30-4:00	Drop-in Youth Basketball 2:30-5:00	Drop-in Youth Basketball 2:30-5:00		Open Gym 12:30-8:00
1:30pm							
2:00pm							
2:30pm	Drop-in HIIT 5:30-6:15	Open Gym GPW 5:15-6:00	Open Gym 5:00-7:30	Open Gym 5:00-7:30	Open Gym 5:00-7:30		
3:00pm							
3:30pm							
4:00pm							
4:30pm	Open Gym 6:15-9:30	Wmns Wrkout 6:00-7:00	Drop-in Adult Basketball 7:00-9:00	Open Gym 7:00-9:30	Open Gym 7:00-9:30		
5:00pm							
5:30pm	Open Gym 6:15-9:30	Open Gym 7:00-9:30	Open Gym	Open Gym	Open Gym		
6:00pm							
6:30pm							
7:00pm	Open Gym 6:15-9:30	Open Gym 7:00-9:30	Open Gym	Open Gym	Open Gym		
7:30pm							
8:00pm							
8:30pm							
9:00pm							
9:30pm							



GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-413-7260 or go to [Http://www.boulderparcs-rec.org](http://www.boulderparcs-rec.org)