



# 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	<b>Open Gym</b> 6:00-7:30	<b>Open Gym</b> 6:00-8:00	<b>Open Gym</b> 6:00-7:30	<b>Open Gym</b> 6:00-8:00	<b>Open Gym</b> 6:00-7:30	<b>Open Gym</b> 6:30-8:30	
6:30am							
7:00am							
7:30am	<b>Drop-in Fit For Life</b> 7:30-8:30	<b>MRT</b> 8:00-8:45	<b>Drop-in Fit For Life</b> 7:30-8:30	<b>MRT</b> 8:00-8:45	<b>Drop-in Fit For Life</b> 7:30-8:30	<b>Open Gym</b> 7:30-8:30	
8:00am							
8:30am	<b>Drop-in Pickleball</b> 8:45-10:30	<b>Drop-in Pickleball</b> 8:45-10:30	<b>Drop-in Pickleball</b> 8:45-10:30	<b>Drop-in Pickleball</b> 8:45-10:30	<b>Open Gym</b> 8:30-10:30	<b>Drop-in GPW</b> 8:30-9:30	<b>Drop-in CoEd Volleyball</b> 8:30-12:30
9:00am							
9:30am							
10:00am	<b>Drop-in Fit For Life</b> 10:30-11:30	<b>Open Gym</b> 10:30-1:00	<b>Drop-in Fit For Life</b> 10:30-11:30	<b>Open Gym</b> 10:30-1:00	<b>Drop-in Fit For Life</b> 10:30-11:30		
10:30am							
11:00am							
11:30am	<b>Drop-in Adult Basketball</b> 11:30-1:30	<b>Drop-in Senior Basketball</b> 1:00-2:30	<b>Drop-in Adult Basketball</b> 11:30-1:30	<b>Drop-in Senior Basketball</b> 1:00-2:30	<b>Drop-in Adult Basketball</b> 11:30-1:30		
12:00pm							
12:30pm							
1:00pm	<b>Open Gym</b> 1:30-2:30	<b>Drop-in Youth Basketball</b> 2:30-5:00	<b>Open Gym</b> 1:30-4:00	<b>Drop-in Youth Basketball</b> 2:30-5:00	<b>Drop-in Youth Basketball</b> 2:30-5:00	<b>Open Gym</b> 9:30-7:00	<b>Open Gym</b> 12:30-8:00
1:30pm							
2:00pm							
2:30pm	<b>Drop-in HIIT</b> 5:30-6:15	<b>GPW</b> 5:30-6:15	<b>Drop-in HIIT</b> 5:30-6:15	<b>GPW</b> 5:30-6:15	<b>Open Gym</b> 5:00-7:30		
3:00pm							
3:30pm							
4:00pm	<b>Open Gym</b> 6:15-9:30	<b>Wmns Wrkout</b> 6:00-7:00	<b>Open Gym</b>	<b>Wmns Wrkout</b> 6:00-7:00			
4:30pm							
5:00pm							
5:30pm	<b>Open Gym</b> 6:15-9:30	<b>Open Gym</b> 7:00-9:30	<b>Drop-in Adult Basketball</b> 7:00-9:00	<b>Open Gym</b> 7:00-9:30			
6:00pm							
6:30pm							
7:00pm	<b>Open Gym</b> 6:15-9:30	<b>Open Gym</b> 7:00-9:30	<b>Open Gym</b>	<b>Open Gym</b> 7:00-9:30			
7:30pm							
8:00pm							
8:30pm	<b>Open Gym</b> 6:15-9:30	<b>Open Gym</b> 7:00-9:30	<b>Open Gym</b>	<b>Open Gym</b> 7:00-9:30			
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)