3/27/2016

SBRC Gym Schedule

March 28 - April 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Open Gym 6:00-12:00	Open Gym	Open Gym 6:00-12:00	Open Gym	Open Gym 6:00-12:00		
6:30am		Bootcamp 6:30-7:30		Bootcamp 6:30-7:30			
7:00am							
7:30am		Complete Conditioning 7:30-8:30		Complete Conditioning 7:30-8:30			
8:00am						Open Gym	Drop-in Adult Basketball 8:00-11:00
8:30am		Drop-in Total Body Fit 8:50-9:50		Drop-in Total Body Fit 8:50-9:50		Drop-in Total Body Fit 8:30-9:30	
9:00am							
9:30am						Drop-in Womens Volleyball 9:30-12:00	
10:00am							
10:30am		Cardio Fit 10:15-11:15		Cardio Fit 10:15-11:15			
11:00am							
11:30am		Drop-in Adult Basketball 11:30-1:30		Drop-in Adult Basketball 11:30-1:30			
12:00pm	Drop-in Sprts Conditioning 12:00-1:00		Drop-in Sprts Conditioning 12:00-1:00		Drop-in Sprts Conditioning 12:00-1:00	Open Gym 12:00-5:00	
12:30pm							V-Ball Rental 11:45-3:15
1:00pm	Open Gym 1:00-4:00		Drop-in Adult Bball 1:00-2:30		Open Gym 1:00-4:00	All Ages Bball 1:30-3:00	
1:30pm		Drop-in Pickleball 1:30-3:30		Drop-in Pickleball 1:30-3:30			
2:00pm							
2:30pm							
3:00pm							
3:30pm	All Ages BBall 3:30-5:00	Open Gym 3:30-6:00	All Ages Bball 3:30-5:00	Open Gym 3:30-9:30	All Ages Bball 3:30-5:00	Open Gym 12:00-5:00	Open Gym 11:00-5:00
4:00pm							
4:30pm							
5:00pm	Open Gym 5:00-6:00		Open Gym 1:00-9:30		Open Gym 3:00-5:00		
5:30pm							
6:00pm	Women's Basketball 6:00-8:30 Ends 4/4	League Basketball 6:00-10:00			Drop-in Badminton 5:45-7:45		
6:30pm							
7:00pm							
7:30pm							
8:00pm							
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