



NBRC Gym Schedule

July 6 - July 12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Open Gym 6:00-7:30	Open Gym 6:00-8:30	Open Gym 6:00-7:30	Open Gym 6:00-8:30	Open Gym 6:00-7:30	Open Gym 6:30-8:30	
6:30am							
7:00am							
7:30am	Drop-in Fit For Life 7:30-8:30		Drop-in Fit For Life 7:30-8:30		Drop-in Fit For Life 7:30-8:30		Open Gym 7:30-8:30
8:00am							
8:30am	Camp 8:30-9:15	Camp 8:30-9:15	Camp 8:30-9:15	Camp 8:30-9:15	Camp 8:30-9:15	Drop-in Group Power Workout 8:30-9:30	Drop-in CoEd Volleyball 8:30-12:30
9:00am							
9:30am	Pickleball 9:15-10:30	Open Gym 9:15-12:00	Pickleball 9:15-10:30	Open Gym 9:15-12:00	Open Gym 9:15 - 10:30		
10:00am	Drop-in Fit For Life 10:30-11:30		Drop-in Fit For Life 10:30-11:30		Drop-in Fit For Life 10:30-11:30		
10:30am							
11:00am							
11:30am	Drop-in Adult Basketball 11:30-1:30	Pure Step 12:00-1:00	Drop-in Adult Basketball 11:30-1:30	Pure Step 12:00-1:00	Drop-in Adult Basketball 11:30-1:30		
12:00pm							
12:30pm							
1:00pm	Open Gym 1:30-3:30	Drop-in Senior Basketball 1:00-2:30	Open Gym 1:30-3:30	Drop-in Senior Basketball 1:00-2:30	Open Gym 1:30-3:30	Open Gym 8:30-7:00	
1:30pm							
2:00pm		Open Gym 2:30-3:30		Open Gym 2:30-3:30			
2:30pm							
3:00pm							
3:30pm	Camp 3:30-4	Camp 3:30-4	Camp 3:30-4	Camp 3:30-4	Camp 3:30-4		Open Gym 12:30-8:00
4:00pm							
4:30pm	Open Gym 4:00-9:30	Open Gym 4:00-6:00	Open Gym 4:00-7:00	Open Gym 4:00-6:00	Open Gym 4:00-7:30		
4:30pm							
5:00pm							
5:30pm							
6:00pm		Wives Workout 6:00-7:00		Wives Workout 6:00-7:00			
6:30pm							
7:00pm							
7:30pm		Men's Adult Basketball League 7:00-9:30	Men's Drop-In Basketball 7:00-9:30	Men's Adult Basketball League 7:00-9:30			
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.boulderparks-rec.org](http://www.boulderparks-rec.org)