



City of Boulder

SBRC Gym Schedule

June 22-28

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|---|---|---|---|---|---|---|
| 6:00am | Open Gym 6:00-9:00 | Open Gym | Open Gym 6:00-8:50 | Open Gym | Open Gym 6:00-12:00 | | |
| 6:30am | | Bootcamp 6:30-7:30 | | Bootcamp 6:30-7:30 | | | |
| 7:00am | | Complete Conditioning 7:30-8:30 | | Complete Conditioning 7:30-8:30 | | | |
| 7:30am | | Drop-in Total Body Fitness 8:50-9:50 | | Drop-in Total Body Fitness 8:50-9:50 | | | |
| 8:00am | | Boulder Lift 9:00-10:00 | | Boulder Lift 9:00-10:00 | | | |
| 8:30am | Open Gym 10:00-12:00 | Open Gym 10:00-11:30 | Open Gym 10:00-12:00 | Open Gym 10:00-11:30 | Open Gym 12:00-2:00 | Open Gym | Drop-in Adult Basketball 8:00-11:00 |
| 9:00am | | Drop-in Total Body Fitness 8:50-9:50 | Drop-in Total Body Fitness 8:50-9:50 | Drop-in Total Body Fitness 8:50-9:50 | | Drop-in Total Body Fitness 8:30-9:30 | |
| 9:30am | | Drop-in Adult Basketball 11:30-1:30 | Drop-in Adult Basketball 11:30-1:30 | Drop-in Adult Basketball 11:30-1:30 | | Drop-in Adult Basketball 11:30-1:30 | |
| 10:00am | | Drop-in Adult Basketball 11:30-1:30 | Drop-in Adult Basketball 11:30-1:30 | Drop-in Adult Basketball 11:30-1:30 | | Drop-in Adult Basketball 11:30-1:30 | |
| 10:30am | | Drop-in Adult Basketball 11:30-1:30 | Drop-in Adult Basketball 11:30-1:30 | Drop-in Adult Basketball 11:30-1:30 | | Drop-in Adult Basketball 11:30-1:30 | |
| 11:00am | Drop-in Adult Basketball 11:30-1:30 | |
| 11:30am | Drop-in Adult Basketball 11:30-1:30 | |
| 12:00pm | Drop-in Sprts Conditioning 12:00-1:00 |
| 12:30pm | Drop-in Sprts Conditioning 12:00-1:00 |
| 1:00pm | Drop-in Sprts Conditioning 12:00-1:00 |
| 1:30pm | Sr. Vball 1:30-3:30 | Open Gym 1:00-3:30 | Drop-in Pickleball 1:30-3:30 |
| 2:00pm | Sr. Vball 1:30-3:30 | Drop-in Pickleball 1:30-3:30 |
| 2:30pm | Sr. Vball 1:30-3:30 | Drop-in Pickleball 1:30-3:30 |
| 3:00pm | Sr. Vball 1:30-3:30 | Drop-in Pickleball 1:30-3:30 |
| 3:30pm | Camp 3:30-4:30 |
| 4:00pm | Camp 3:30-4:30 |
| 4:30pm | Open Gym 1:00-6:00 |
| 5:00pm | Open Gym 1:00-6:00 |
| 5:30pm | Open Gym 1:00-6:00 |
| 6:00pm | Drop-in Pickleball 6:00-8:15 | Open Gym 3:30-8:30 | Drop-in Pickleball 6:00-8:15 |
| 6:30pm | Drop-in Pickleball 6:00-8:15 | Open Gym 3:30-8:30 | Drop-in Pickleball 6:00-8:15 |
| 7:00pm | Drop-in Pickleball 6:00-8:15 | Open Gym 3:30-8:30 | Drop-in Pickleball 6:00-8:15 |
| 7:30pm | Drop-in Pickleball 6:00-8:15 | Open Gym 3:30-8:30 | Drop-in Pickleball 6:00-8:15 |
| 8:00pm | Drop-in Pickleball 6:00-8:15 | Open Gym 3:30-8:30 | Drop-in Pickleball 6:00-8:15 |
| 8:30pm | Drop-in Pickleball 6:00-8:15 | Open Gym 3:30-8:30 | Drop-in Pickleball 6:00-8:15 |
| 9:00pm | Drop-in Pickleball 6:00-8:15 | Open Gym 3:30-8:30 | Drop-in Pickleball 6:00-8:15 |
| 9:30pm | Drop-in Pickleball 6:00-8:15 | Open Gym 3:30-8:30 | Drop-in Pickleball 6:00-8:15 |



GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-441-3448 or go to <http://www.boulderparks-rec.org>