



# SBRC Gym Schedule

## July 27 - August 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	<b>Open Gym</b> 6:00-9:00	<b>Open Gym</b>	<b>Open Gym</b> 6:00-8:50	<b>Open Gym</b>	<b>Open Gym</b> 6:00-12:00		
6:30am		<b>Bootcamp</b> 6:30-7:30		<b>Bootcamp</b> 6:30-7:30			
7:00am		<b>Complete Conditioning</b> 7:30-8:30		<b>Complete Conditioning</b> 7:30-8:30			
7:30am		<b>Drop-in Total Body Fitness</b> 8:50-9:50		<b>Drop-in Total Body Fitness</b> 8:50-9:50			
8:00am		<b>Boulder Lift</b> 9:00-10:00		<b>Boulder Lift</b> 9:00-10:00			
8:30am	<b>Open Gym</b> 10:00-11:30	<b>Open Gym</b> 9:50-11:30	<b>Open Gym</b> 10:00-11:30	<b>Open Gym</b> 9:50-11:30	<b>Camp</b> 10:00-11:30	<b>Drop-in Volleyball</b> 9:30-12:00	<b>Drop-in Adult Basketball</b> 8:00-11:00
9:00am		<b>Camp</b> 10:00-11:30					
9:30am	<b>Drop-in Sprts Conditioning</b> 12:00-1:00	<b>Drop-in Adult Basketball</b> 11:30-1:30	<b>Drop-in Sprts Conditioning</b> 12:00-1:00	<b>Drop-in Adult Basketball</b> 11:30-1:30	<b>Drop-in Sprts Conditioning</b> 12:00-1:00	<b>Open Gym</b> 12:00-2:00	<b>Open Gym</b> 11:00-2:00
10:00am	<b>Sr. Vball</b> 1:30-3:30		<b>Drop-in Pickleball</b> 1:30-3:30				
10:30am	<b>Open Gym</b> 1:00-6:00	<b>Open Gym</b> 3:30-8:30	<b>Open Gym</b> 1:00-6:00	<b>Open Gym</b> 4:15-8:30	<b>Camp</b> 3:30-4:30	<b>Drop-in Badminton</b> 5:00-6:45	
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**GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME**

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