City of Boulder

SBRC Gym Schedule

August 24 - 30

	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							
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 Fitness 8:50-9:50		Drop-in Total Body Fitness 8:50-9:50		Drop-in Total Body Fitness 8:30-9:30	
9:00am	Boulder Lift 9:00-10:00		Boulder Lift 9:00-10:00				
9:30am						Drop-in Volleyball 9:30-12:00	
10:00am	Open Gym 10:00-12:00	Open Gym 9:50-11:30	Open Gym 10:00-12:00	Open Gym 9:50-11:30			
10:30am							
11:00am							Open Gym 11:00-2:00
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 12:00-2:00	
12:30pm							
1:00pm	Open Gym 1:00-6:00		Open Gym 1:00-6:00		Open Gym 1:00-5:00		
1:30pm	Sr. V-ball 1:30-3:30	Drop-in Pickleball 1:30-3:30	Adult Bball 1:00-2:30	Drop-in Pickleball 1:30-3:30	Sr. V-ball 1:30-3:30		
2:00pm							
2:30pm							
3:00pm							
3:30pm		Open Gym 3:30-8:30		Open Gym 3:30-8:30			
4:00pm							
4:30pm							
5:00pm					Drop-in Badminton 5:00-6:45		
5:30pm							
6:00pm	Drop-in Pickleball 6:00-8:15		Drop-in Pickleball 6:00-8:15				
6:30pm							
7:00pm		Basketball League 7:00-8:30pm		Basketball League 7:00-8:30pm			
7:30pm							
8:00pm							
8:30pm							
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