



# SBRC Gym Schedule

## August 17-23

	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> 10:00-12:00	<b>Open Gym</b> 9:50-11:30	<b>Open Gym</b> 10:00-12:00	<b>Open Gym</b> 9:50-11:30	<b>Drop-in Total Body Fitness</b> 8:30-9:30	<b>Open Gym</b>	<b>Drop-in Adult Basketball</b> 8:00-11:00	
9:00am		<b>Drop-in Adult Basketball</b> 11:30-1:30		<b>Drop-in Adult Basketball</b> 11:30-1:30				
9:30am		<b>Drop-in Sprts Conditioning</b> 12:00-1:00		<b>Drop-in Sprts Conditioning</b> 12:00-1:00		<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>Drop-in Pickleball</b> 1:30-3:30		<b>Drop-in Pickleball</b> 1:30-3:30		<b>Open Gym</b> 1:00-5:00		
10:30am		<b>Open Gym</b> 3:30-8:30		<b>Open Gym</b> 3:30-8:30				
11:00am	<b>Open Gym</b> 1:00-6:00	<b>Open Gym</b> 1:00-6:00	<b>Adult Bball</b> 1:00-2:30	<b>Open Gym</b> 1:00-6:00				
11:30am			<b>Drop-in Pickleball</b> 6:00-8:15					<b>Drop-in Pickleball</b> 6:00-8:15
12:00pm			<b>Basketball Rental</b> 7-8:30pm					<b>Basketball Rental</b> 7-8:30pm
12:30pm								
1:00pm								
1:30pm								
2:00pm								
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3:00pm								
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6:00pm	<b>Drop-in Pickleball</b> 6:00-8:15	<b>Basketball Rental</b> 7-8:30pm	<b>Drop-in Pickleball</b> 6:00-8:15	<b>Basketball Rental</b> 7-8:30pm				
6:30pm								
7:00pm								
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>