



# 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>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					
10:00am		<b>Drop-in Adult Basketball</b> 11:30-1:30		<b>Drop-in Adult Basketball</b> 11:30-1:30					
10:30am		<b>Drop-in Sprts Conditioning</b> 12:00-1:00		<b>Drop-in Sprts Conditioning</b> 12:00-1:00					
11:00am	<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		
11:30am								<b>Sr. V-ball</b> 1:30-3:30	<b>Sr. V-ball</b> 1:30-3:30
12:00pm								<b>Open Gym</b> 1:00-6:00	<b>Open Gym</b> 1:00-6:00
12:30pm								<b>Drop-in Pickleball</b> 1:30-3:30	<b>Drop-in Pickleball</b> 1:30-3:30
1:00pm								<b>Drop-in Pickleball</b> 1:30-3:30	<b>Drop-in Pickleball</b> 1:30-3:30
1:30pm	<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> 3:30-8:30	<b>Open Gym</b> 1:00-5:00				
2:00pm								<b>Drop-in Badminton</b> 5:00-6:45	<b>Drop-in Badminton</b> 5:00-6:45
2:30pm								<b>Drop-in Pickleball</b> 1:30-3:30	<b>Drop-in Pickleball</b> 1:30-3:30
3:00pm								<b>Drop-in Pickleball</b> 1:30-3:30	<b>Drop-in Pickleball</b> 1:30-3:30
3:30pm								<b>Drop-in Pickleball</b> 1:30-3:30	<b>Drop-in Pickleball</b> 1:30-3:30
4:00pm	<b>Drop-in Pickleball</b> 6:00-8:15	<b>Basketball Rental</b> 7:00-8:30pm	<b>Drop-in Pickleball</b> 6:00-8:15	<b>Basketball Rental</b> 7:00-8:30pm					
4:30pm								<b>Drop-in Pickleball</b> 1:30-3:30	<b>Drop-in Pickleball</b> 1:30-3:30
5:00pm								<b>Drop-in Pickleball</b> 1:30-3:30	<b>Drop-in Pickleball</b> 1:30-3:30
5:30pm								<b>Drop-in Pickleball</b> 1:30-3:30	<b>Drop-in Pickleball</b> 1:30-3:30
6:00pm								<b>Drop-in Pickleball</b> 1:30-3:30	<b>Drop-in Pickleball</b> 1:30-3:30
6:30pm	<b>Drop-in Pickleball</b> 6:00-8:15	<b>Basketball Rental</b> 7:00-8:30pm	<b>Drop-in Pickleball</b> 6:00-8:15	<b>Basketball Rental</b> 7:00-8:30pm					
7:00pm								<b>Drop-in Pickleball</b> 1:30-3:30	<b>Drop-in Pickleball</b> 1:30-3:30
7:30pm								<b>Drop-in Pickleball</b> 1:30-3:30	<b>Drop-in Pickleball</b> 1:30-3:30
8:00pm								<b>Drop-in Pickleball</b> 1:30-3:30	<b>Drop-in Pickleball</b> 1:30-3:30
8:30pm								<b>Drop-in Pickleball</b> 1:30-3:30	<b>Drop-in Pickleball</b> 1:30-3:30
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>