

SBRC Gym Schedule

SEPTEMBER

The South Boulder Recreation Center will be closed on
Labor Day - Monday, September 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00am	Open Gym 6:00-12:00	Open Gym	Open Gym 6:00-12:00	Open Gym	Open Gym 6:00-12:00			
6:30am		Bootcamp 6:30-7:30 not 9/2		Bootcamp 6:30-7:30 not 9/4				
7:00am								
7:30am		Open Gym 7:30-8:50		Open Gym 7:30-8:50				
8:00am								
8:30am								
9:00am		Drop-in Total Body Fit 8:50-9:50		Drop-in Total Body Fit 8:50-9:50				
9:30am								
10:00am		Open Gym 10:00-11:30		Open Gym 10:00-11:30				
10:30am								
11:00am								
11:30am								
12:00pm	Drop-in Sprts Conditioning 12:00-1:00	Drop-in Adult Basketball 11:30-1:30	Drop-in Sprts Conditioning 12:00-1:00	Drop-in Adult Basketball 11:30-1:30	Drop-in Sprts Conditioning 12:00-1:00	Open Gym 8:00-5:00	Drop-in Adult Basketball 8:00-11:00	
12:30pm								
1:00pm	Open Gym 1:00-2:30	Drop-in Pcklbl 1:30-3:30	Drop-in Adult Bball 1:00-2:30	Drop-in Pcklbl 1:30-3:30	Open Gym 1:00-2:30	Open Gym 11:00-5:00	Youth Vball 12:00-3:00	
1:30pm								
2:00pm	Drop-in Youth Basketball 2:30-5:00	Open Gym 1:30-6:00	Drop-in Youth Basketball 2:30-5:00	Drop-in Youth Basketball 2:30-5:00	Drop-in Youth Basketball 2:30-5:00	Open Gym 8:00-5:00	Open Gym 11:00-5:00	
2:30pm								
3:00pm								
3:30pm								
4:00pm	Kickboxing 5:00-6:00	Open Gym 1:30-6:00	Kickboxing 5:00-6:00	Open Gym 1:30-9:30	Open Gym	Open Gym 8:00-5:00	Open Gym 11:00-5:00	
4:30pm								
5:00pm	Women's Basketball 6:00-9:00	Men's B League Basketball 6:00-10:00 begins 9/16	Men's B League Basketball 6:00-10:00 begins 9/17	Open Gym 1:30-9:30	Open Gym	Open Gym 8:00-5:00	Open Gym 11:00-5:00	
5:30pm								
6:00pm								Drop-in Badminton 5:45-8:00
6:30pm								
7:00pm								
7:30pm								
8:00pm								
8:30pm								
9:00pm								Open Gym
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](http://www.boulderparks-rec.org)