



SBRC Gym Schedule

September 14 - 20

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00am	Open Gym 6:00-12:00	Open Gym	Open Gym 6:00-9:30	Open Gym	Open Gym 6:00-12:00			
6:30am		Bootcamp 6:30-7:30		Bootcamp 6:30-7:30				
7:00am		Complete Conditioning 7:30-8:30		Complete Conditioning 7:30-8:30				
7:30am								
8:00am		Drop-in Total Body Fitness 8:50-9:50		Drop-in Total Body Fitness 8:50-9:50				
8:30am								
9:00am		Open Gym 9:50-11:30		Gymnastics 9:30-11:15				Open Gym 9:50-11:30
9:30am								
10:00am		Drop-in Adult Basketball 11:30-1:30		Open Gym 11:15-12:00				Drop-in Adult Basketball 11:30-1:30
10:30am								
11:00am	Drop-in Sprts Conditioning 12:00-1:00	Drop-in Sprts Conditioning 12:00-1:00	Drop-in Sprts Conditioning 12:00-1:00					
11:30am								
12:00pm	Open Gym	Drop-in Adult Basketball 11:30-1:30	Drop-in Adult Basketball 11:30-1:30					
12:30pm								
1:00pm	Senior Volleyball 1:30-3:30	Drop-in Pickleball 1:30-3:30	V-Ball 1-4	Drop-in Pickleball 1:30-3:30	Open Gym 1:00-3:30	All Ages Basketball 12:00-5:00	Drop-in Adult Basketball 8:00-11:00	
1:30pm								
2:00pm	All Ages Basketball 3:30-5:00	Expand 4-5	Gymnastics	All Ages Bball 3:30-5	All Ages Basketball 3:30-5:00	Drop-In Women's Volleyball 9:30-12:00	All Ages Bball 11:00-12:00	
2:30pm								
3:00pm	Open Gym 5:00-9:00	Open Gym 3:30-9:30	Open Gym 5:00-9:30	Open Gym 3:30-9:30	Open Gym	Open Gym 12:00-1:30	Youth Volleyball 1:30-3:00	
3:30pm								
4:00pm	Women's Basketball 6:15-9:00	Open Gym 3:30-9:30	Open Gym 5:00-9:30	Open Gym 3:30-9:30	Badminton 5:45-7:00	Open Gym 12:00-1:30	Open Gym 3:00-5:00	
4:30pm								
5:00pm	Open Gym 9:00 - 9:30	Open Gym 3:30-9:30	Open Gym 5:00-9:30	Open Gym 3:30-9:30	Open Gym	Open Gym 12:00-1:30	Open Gym 3:00-5:00	
5:30pm								
6:00pm								
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>