City of Boulder

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							
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							
9:30am			Gymnastics 9:30-11:15			Drop-In Women's Volleyball 9:30-12:00	
10:00am		Open Gym 9:50-11:30		Open Gym 9:50-11:30			
10:30am							
11:00am			Open Gym 11:15-12:00				All Ages Bball 11:00-12:00
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	All Ages Basketball 12:00-5:00	
12:30pm							Open Gym 12:00-1:30
1:00pm	Open Gym		V-Ball 1-4 / Adult Bball 1:00-2:30		Open Gym 1:00-3:30		
1:30pm	Senior Volleyball 1:30-3:30	Drop-in Pickleball 1:30-3:30		Drop-in Pickleball 1:30-3:30			Youth Volleyball 1:30-3:00
2:00pm							
2:30pm			Open Gym				
3:00pm							Open Gym 3:00-5:00
3:30pm	All Ages Basketball 3:30-5:00		All Ages Bball 3:30-5		All Ages Basketball 3:30-5:00		
4:00pm		Expand 4-5	Gymnastics				
4:30pm							
5:00pm	Open Gym 5:00-9:00		Open Gym 5:00-9:30		Open Gym		
5:30pm							
6:00pm	Women's Basketball 6:15-9:00	Open Gym 3:30-9:30		Open Gym 3:30-9:30	Badminton 5:45-7:45		
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm	Open Gym 9:00 - 9:30						
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