



# SBRC Gym Schedule

## September 21-27

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