



SBRC Gym Schedule

September 7-13

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	<p style="text-align: center;">Closed for Labor Day North Boulder Rec Center Open from 8:00-1:30</p>	Open Gym 5:30-6:30	Open Gym 5:30-7:15	Open Gym 5:30-6:30	Open Gym 5:30-12:00		
6:00am		Bootcamp 6:30-7:30	Complete Conditioning 7:15-8:15	Complete Conditioning 7:30-8:30			
6:30am			Open Gym 8:15-9:30	Drop-in Total Body Fitness 8:50-9:50			
7:00am		Complete Conditioning 7:30-8:30	Gymnastics 9:30-11:15	Open Gym 9:50-11:30			
7:30am			Open Gym 11:15-1:00	Drop-in Adult Basketball 11:30-1:30			
8:00am		Drop-in Total Body Fitness 8:50-9:50	Drop-in Sprts Conditioning 12:00-1:00	Drop-in Adult Basketball 11:30-1:30			
8:30am		Open Gym 9:50-11:30	V-Ball 1-4	Drop-in Pickleball 1:30-3:30			
9:00am		Drop-in Adult Basketball 11:30-1:30	Adult Bball 1:00-2:30	Drop-in Pickleball 1:30-3:30			
9:30am		Drop-in Pickleball 1:30-3:30	Open Gym	Drop-in Pickleball 1:30-3:30			
10:00am		Open Gym 3:30-9:30	Gymnastics 3:30-5	All Ages B-Ball 3:30-5			
10:30am			Open Gym 5:00-6:00	Open Gym 3:30-9:30			
11:00am		Drop-in Adult Basketball 11:30-1:30	Drop-in Pickleball 6:00-8:15				
11:30am		Drop-in Pickleball 1:30-3:30	Open Gym 8:15 - 9:30				
12:00pm		Open Gym 3:30-9:30					
12:30pm		Drop-in Adult Basketball 11:30-1:30					
1:00pm		Drop-in Pickleball 1:30-3:30					
1:30pm		Open Gym 3:30-9:30					
2:00pm		Drop-in Pickleball 1:30-3:30					
2:30pm		Open Gym 3:30-9:30					
3:00pm		Drop-in Pickleball 1:30-3:30					
3:30pm	Open Gym 3:30-9:30						
4:00pm	Drop-in Pickleball 1:30-3:30						
4:30pm	Open Gym 3:30-9:30						
5:00pm	Drop-in Pickleball 1:30-3:30						
5:30pm	Open Gym 3:30-9:30						
6:00pm	Drop-in Pickleball 1:30-3:30						
6:30pm	Open Gym 3:30-9:30						
7:00pm	Drop-in Pickleball 1:30-3:30						
7:30pm	Open Gym 3:30-9:30						
8:00pm	Drop-in Pickleball 1:30-3:30						
8:30pm	Open Gym 3:30-9:30						
9:00pm	Drop-in Pickleball 1:30-3:30						
9:30pm	Open Gym 3:30-9:30						



GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-441-3448 or go to <http://www.boulderparks-rec.org>