



# SBRC Gym Schedule

## OCTOBER



**10/24**  
Gym Closed  
1:00-6:00pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	<b>Open Gym</b> 6:00-9:00	<b>Open Gym</b>	<b>Open Gym</b> 6:00-12:00	<b>Open Gym</b>	<b>Open Gym</b> 6:00-9:00		
6:30am		<b>Bootcamp</b> 6:30-7:30		<b>Bootcamp</b> 6:30-7:30			
7:00am							
7:30am		<b>Open Gym</b> 7:30-8:50		<b>Open Gym</b> 7:30-8:50			
8:00am							
8:30am						<b>Open Gym</b>	<b>Drop-in Adult Basketball</b> 8:00-11:00
9:00am	<b>Setup</b>	<b>Drop-in Total Body Fit</b> 8:50-9:50	<b>Drop-in Total Body Fit</b> 8:50-9:50	<b>Setup</b>	<b>Drop-in Womens Volleyball</b> 8:30-11:00		
9:30am	<b>Gym Jam</b> 9:30-11:30	<b>Open Gym</b> 10:00-11:30		<b>Open Gym</b> 10:00-11:30		<b>Gym Jam</b> 9:30-11:30 begins 10/10	
10:00am							
10:30am							
11:00am						<b>Open Gym</b> 11:00-12:00	
11:30am	<b>Cleanup</b>	<b>Drop-in Adult Basketball</b> 11:30-1:30	<b>Drop-in Sprts Conditioning</b> 12:00-1:00	<b>Drop-in Adult Basketball</b> 11:30-1:30	<b>Cleanup</b>		
12:00pm	<b>Drop-in Sprts Conditioning</b> 12:00-1:00						
12:30pm						<b>Open Gym</b> 11:00-5:00	<b>Youth Volleyball</b> 12:00-3:00
1:00pm	<b>Open Gym</b> 1:00-2:30	<b>Drop-in Pickleball</b> 1:30-3:30	<b>Drop-in Adult Bball</b> 1:00-2:30	<b>Open Gym</b> 1:00-2:30	<b>Drop-in Youth Basketball</b> 2:30-5:00		
1:30pm	<b>Drop-in Snr Vball</b> 1:30-3:30						
2:00pm							
2:30pm							
3:00pm	<b>Drop-in Youth Bball</b> 2:30-5:00						
3:30pm		<b>Open Gym</b> 3:30-6:00	<b>Drop-in Youth Basketball</b> 2:30-5:00	<b>Drop-in Youth Basketball</b> 2:30-5:00	<b>Drop-in Youth Basketball</b> 2:30-5:00	<b>Open Gym</b>	<b>Open Gym</b> 3:00-5:00
4:00pm							
4:30pm							
5:00pm	<b>Kickboxing</b> 5:00-6:00		<b>Kickboxing</b> 5:00-6:00				
5:30pm							
6:00pm	<b>Women's Basketball</b> 6:00-9:00	<b>Men's B League Basketball</b> 6:00-10:00	<b>Open Gym</b> 6:00-9:30	<b>Open Gym</b> 3:30-9:30	<b>Drop-in Badminton</b> 5:45-8:00		
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm	<b>Open Gym</b>						
9:30pm							

**GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME**

For more information call 303-441-3448 or go to [Http://www.boulderparcs-rec.org](http://www.boulderparcs-rec.org)