



# SBRC Gym Schedule

## September 28-October 25

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00am	Open Gym 6:00-9:30	Open Gym	Open Gym 6:00-9:30	Open Gym	Open Gym 6:00-9:30	Open Gym			
6:30am		Bootcamp		Bootcamp					
7:00am		6:30-7:30		6:30-7:30					
7:30am		Complete Conditioning		Complete Conditioning					
8:00am		7:30-8:30		7:30-8:30					
8:30am		Drop-in Total Body Fitness		Drop-in Total Body Fitness					
9:00am	Gym Jam 9:30-11:30 starts 10/12	Drop-in Total Body Fitness 8:50-9:50	Gymnastics 9:30-11:15 Except 10/14	Drop-in Total Body Fitness 8:50-9:50	Gym Jam 9:30-11:30 starts 10/16	Drop-in Total Body Fitness 8:30-9:30	Drop-in Adult Basketball 8:00-11:00		
9:30am		Open Gym 9:50-11:30		V-Ball Rental 10:00-11:00 10/22 Only					
10:00am		Open Gym		Open Gym 11:15-12:00				Drop-in Adult Basketball 11:30-1:30	
10:30am									Drop-In Women's Volleyball 9:30-12:00
11:00am	Drop-in Sprts Conditioning 12:00-1:00	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	All Ages Bball 11:00-12:00			
11:30am							Drop-in Adult Basketball 11:30-1:30		
12:00pm	Open Gym 1:00-3:30	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	Youth Volleyball 12:00-3:00		
12:30pm								Adult Bball 1:00-2:30	Open Gym
1:00pm									
1:30pm								All Ages Basketball 3:30-5:00	
2:00pm									All Ages Basketball 3:30-5:00
2:30pm								All Ages Basketball 3:30-5:00	
3:00pm	All Ages Basketball 3:30-5:00								
3:30pm		All Ages Basketball 3:30-5:00							
4:00pm	All Ages Basketball 3:30-5:00								
4:30pm		All Ages Basketball 3:30-5:00							
5:00pm	All Ages Basketball 3:30-5:00								
5:30pm		All Ages Basketball 3:30-5:00							
6:00pm	All Ages Basketball 3:30-5:00								
6:30pm		All Ages Basketball 3:30-5:00							
7:00pm	All Ages Basketball 3:30-5:00								
7:30pm		All Ages Basketball 3:30-5:00							
8:00pm	All Ages Basketball 3:30-5:00								
8:30pm		All Ages Basketball 3:30-5:00							
9:00pm	All Ages Basketball 3:30-5:00								
9:30pm		All Ages Basketball 3:30-5:00							



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

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