



NBRC Gym Schedule

NOVEMBER

The North Boulder Recreation Center will be closed on Thurs, Nov 27th and opening at 8:00am on Fri, Nov 28th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
6:00am	Open Gym 6:00-7:30	Open Gym 6:00-1:00	Open Gym 6:00-7:30	Open Gym 6:00-1:00	Open Gym 6:00-7:30	Open Gym 6:30-8:30						
6:30am			Drop-in Fit For Life 7:30-8:30		Drop-in Fit For Life 7:30-8:30			Drop-in Fit For Life 7:30-8:30	Open Gym 7:30-8:30			
7:00am			Drop-in Pickleball 8:30-10:30		Drop-in Pickleball 8:30-10:30	Drop-in Pickleball 8:30-10:30		Open Gym 8:30-10:30	Drop-in Grp Power Wrkt 8:30-9:30	Drop-in CoEd Volleyball 8:30-12:30		
7:30am	Drop-in Fit For Life 10:30-11:30										Drop-in Fit For Life 10:30-11:30	Drop-in Fit For Life 10:30-11:30
8:00am	Drop-in Adult Basketball 11:30-1:30										Drop-in Adult Basketball 11:30-1:30	Drop-in Adult Basketball 11:30-1:30
8:30am			Drop-in Senior Basketball 1:00-2:30		Drop-in Senior Basketball 1:00-2:30	Drop-in Senior Basketball 1:00-2:30		Open Gym 1:30-2:30				
9:00am									Drop-in Youth Basketball 2:30-5:00	Drop-in Youth Basketball 2:30-5:00		
9:30am	Drop-in Bball 2:30-5:00		Open Gym 1:30-5:15		Drop-in Youth Basketball 2:30-5:00	Open Gym 12:30-8:00						
10:00am								Drop-in Power 5-6			YSI 5:00-6:30	Drop-in Grp Power Wrkt 5:00-6:00
10:30am	Drop-in HIIT 5:30-6:30		Drop-in HIIT 5:30-6:30		Women's Wrkout 6:00-7:00	Open Gym 5:00-7:30						
11:00am		Open Gym 6:00-7:00		Open Gym			Open Gym 5:00-7:30					
11:30am	Open Gym 6:30-9:30		Open Gym 7:00-9:30		Open Gym 7:00-9:30							
12:00pm		Open Gym 7:00-9:30		Open Gym 7:00-9:30		Open Gym 7:00-9:30						
12:30pm	Open Gym 7:00-9:30		Open Gym 7:00-9:30		Open Gym 7:00-9:30							
1:00pm		Open Gym 7:00-9:30		Open Gym 7:00-9:30		Open Gym 7:00-9:30						
1:30pm	Open Gym 7:00-9:30		Open Gym 7:00-9:30		Open Gym 7:00-9:30							
2:00pm		Open Gym 7:00-9:30		Open Gym 7:00-9:30		Open Gym 7:00-9:30						
2:30pm	Open Gym 7:00-9:30		Open Gym 7:00-9:30		Open Gym 7:00-9:30							
3:00pm		Open Gym 7:00-9:30		Open Gym 7:00-9:30		Open Gym 7:00-9:30						
3:30pm	Open Gym 7:00-9:30		Open Gym 7:00-9:30		Open Gym 7:00-9:30							
4:00pm		Open Gym 7:00-9:30		Open Gym 7:00-9:30		Open Gym 7:00-9:30						
4:30pm	Open Gym 7:00-9:30		Open Gym 7:00-9:30		Open Gym 7:00-9:30							
5:00pm		Open Gym 7:00-9:30		Open Gym 7:00-9:30		Open Gym 7:00-9:30						
5:30pm	Open Gym 7:00-9:30		Open Gym 7:00-9:30		Open Gym 7:00-9:30							
6:00pm		Open Gym 7:00-9:30		Open Gym 7:00-9:30		Open Gym 7:00-9:30						
6:30pm	Open Gym 7:00-9:30		Open Gym 7:00-9:30		Open Gym 7:00-9:30							
7:00pm		Open Gym 7:00-9:30		Open Gym 7:00-9:30		Open Gym 7:00-9:30						
7:30pm	Open Gym 7:00-9:30		Open Gym 7:00-9:30		Open Gym 7:00-9:30							
8:00pm		Open Gym 7:00-9:30		Open Gym 7:00-9:30		Open Gym 7:00-9:30						
8:30pm	Open Gym 7:00-9:30		Open Gym 7:00-9:30		Open Gym 7:00-9:30							
9:00pm		Open Gym 7:00-9:30		Open Gym 7:00-9:30		Open Gym 7:00-9:30						
9:30pm	Open Gym 7:00-9:30		Open Gym 7:00-9:30		Open Gym 7:00-9:30							



GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-413-7260 or go to [Http://www.boulderparcs-rec.org](http://www.boulderparcs-rec.org)