



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			Open Gym 6:00-7:30		Open Gym 6:00-7:30			Open Gym 6:00-7:30				
7:00am			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			
7:30am	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			
8:00am										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
8:30am												
9:00am	Drop-in Senior Basketball 1:00-2:30		Drop-in Senior Basketball 1:00-2:30		Open Gym 1:30-2:30							
9:30am						Drop-in Youth Basketball 2:30-5:00		Drop-in Youth Basketball 2:30-5:00		Drop-in Youth Basketball 2:30-5:00		
10:00am											Drop-in Bball 2:30-5:00	Open Gym 1:30-5:15
10:30am	Drop-in HIIT 5:30-6:30		Drop-in HIIT 5:30-6:30		Open Gym 5:00-7:30							
11:00am		Drop-in Grp Power Wrkt 5:00-6:00		Drop-in Grp Power Wrkt 5:00-6:00		Open Gym 5:00-7:30						
11:30am							Women's Wrkout 6:00-7:00	Open Gym 6:00-7:00				
12:00pm	Open Gym 9:30-7:00		Open Gym 12:30-8:00									
12:30pm		Open Gym 9:30-7:00		Open Gym 12:30-8:00								
1:00pm					Open Gym 9:30-7:00	Open Gym 12:30-8:00						
1:30pm	Open Gym 9:30-7:00		Open Gym 12:30-8:00									
2:00pm		Open Gym 9:30-7:00		Open Gym 12:30-8:00								
2:30pm					Open Gym 9:30-7:00	Open Gym 12:30-8:00						
3:00pm	Open Gym 9:30-7:00		Open Gym 12:30-8:00									
3:30pm		Open Gym 9:30-7:00		Open Gym 12:30-8:00								
4:00pm					Open Gym 9:30-7:00	Open Gym 12:30-8:00						
4:30pm	Open Gym 9:30-7:00		Open Gym 12:30-8:00									
5:00pm		Open Gym 9:30-7:00		Open Gym 12:30-8:00								
5:30pm					Open Gym 9:30-7:00	Open Gym 12:30-8:00						
6:00pm	Open Gym 9:30-7:00		Open Gym 12:30-8:00									
6:30pm		Open Gym 9:30-7:00		Open Gym 12:30-8:00								
7:00pm					Open Gym 9:30-7:00	Open Gym 12:30-8:00						
7:30pm	Open Gym 9:30-7:00		Open Gym 12:30-8:00									
8:00pm		Open Gym 9:30-7:00		Open Gym 12:30-8:00								
8:30pm					Open Gym 9:30-7:00	Open Gym 12:30-8:00						
9:00pm	Open Gym 9:30-7:00		Open Gym 12:30-8:00									
9:30pm		Open Gym 9:30-7:00		Open Gym 12:30-8:00								



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)