



# SBRC Gym Schedule

## NOVEMBER

The South Boulder Recreation Center will be closed on  
Thurs, Nov 27<sup>th</sup> and opening at 8:00am on Fri, Nov 28<sup>th</sup>

	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>Drop-in Womens Volleyball</b> 8:30-11:00	<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>									
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								
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 Spts Conditioning</b> 12:00-1:00	<b>Drop-in Adult Basketball</b> 11:30-1:30	<b>Drop-in Spts Conditioning</b> 12:00-1:00	<b>Open Gym</b> 11:00-5:00	<b>Youth Volleyball</b> 12:00-5:00 <span style="color: red;">not 11/30</span>						
12:00pm	<b>Drop-in Spts Conditioning</b> 12:00-1:00												
12:30pm													
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>Drop-in Pickleball</b> 1:30-3:30	<b>Open Gym</b> 1:00-2:30								
1:30pm								<b>Open Gym</b> 1:00-2:30					
2:00pm													
2:30pm	<b>Drop-in Youth Basketball</b> 2:30-5:00	<b>Open Gym</b> 3:30-5:00	<b>Drop-in Youth Basketball</b> 2:30-5:00	<b>Open Gym</b> 3:30-6:00	<b>Drop-in Youth Basketball</b> 2:30-5:00	<b>Open Gym</b> 11:00-5:00	<b>Youth Volleyball</b> 12:00-5:00 <span style="color: red;">not 11/30</span>						
3:00pm													
3:30pm													
4:00pm													
4:30pm													
5:00pm	<b>Kickboxing</b> 5:00-6:00	<b>Sports Smplr</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 <span style="color: red;">ends 11/11</span>		<b>Dodgeball</b> 6:00-9:00	<b>Drop-in Badminton</b> 5:45-8:00	<b>Open Gym</b> 11:00-5:00	<b>Youth Volleyball</b> 12:00-5:00 <span style="color: red;">not 11/30</span>						
6:30pm													
7:00pm									<b>FC Bldr</b> 6:15-9:15 <span style="color: red;">11/12, 11/19 only</span>				
7:30pm									<b>Dodgeball</b> 6:00-9:00				
8:00pm													
8:30pm													
9:00pm	<b>Open Gym</b>			<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)