



SBRC Gym Schedule

NOVEMBER

The South 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 6:00-9:00	Open Gym	Open Gym 6:00-12:00	Open Gym	Open Gym 6:00-9:00				
6:30am		Bootcamp 6:30-7:30		Bootcamp 6:30-7:30					
7:00am									
7:30am		Open Gym 7:30-8:50		Open Gym 7:30-8:50					
8:00am									
8:30am									
9:00am	Setup	Drop-in Total Body Fit 8:50-9:50		Drop-in Total Body Fit 8:50-9:50	Setup	Drop-in Womens Volleyball 8:30-11:00	Drop-in Adult Basketball 8:00-11:00		
9:30am	Gym Jam 9:30-11:30	Open Gym 10:00-11:30		Open Gym 10:00-11:30	Gym Jam 9:30-11:30				
10:00am									
10:30am									
11:00am							Open Gym 11:00-12:00		
11:30am	Cleanup	Drop-in Adult Basketball 11:30-1:30		Drop-in Adult Basketball 11:30-1:30	Cleanup	Open Gym 11:00-5:00			
12:00pm	Drop-in Sprts Conditioning 12:00-1:00		Drop-in Sprts Conditioning 12:00-1:00		Drop-in Sprts Conditioning 12:00-1:00				
12:30pm	Open Gym			Open Gym					
1:00pm	1:00-2:30	Drop-in Pickleball 1:30-3:30	Drop-in Adult Bball 1:00-2:30	Drop-in Pickleball 1:30-3:30	Open Gym 1:00-2:30			Youth Volleyball 12:00-5:00 not 11/30	
1:30pm	Drop-in Snr Vball 1:30-3:30 11/24 only								
2:00pm									
2:30pm									
3:00pm									
3:30pm	Drop-in Youth Basketball 2:30-5:00	Open Gym 3:30-5:00	Drop-in Youth Basketball 2:30-5:00	Open Gym 3:30-6:00	Drop-in Youth Basketball 2:30-5:00				
4:00pm								Gonzo 3:15-5:30	
4:30pm									
5:00pm	Kickboxing 5:00-6:00	Sports Smplr 5:00-6:00	Kickboxing 5:00-6:00		Open Gym				
5:30pm									
6:00pm	Women's Basketball 6:00-9:00	Men's B League Basketball 6:00-8:30 ends 11/18		Dodgeball 6:00-9:00	Drop-in Badminton 5:45-8:00				
6:30pm									
7:00pm									
7:30pm									
8:00pm									
8:30pm		Open Gym 8:30-9:30	FC Bldr 6:15-9:15 11/19 only						
9:00pm	Open Gym		Dodgeball 6:30-9:30	Open Gym					
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)