



SBRC Gym Schedule

August 15-21

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		Open Gym		Open Gym			
6:30am	Open Gym 6:00-9:00	Bootcamp 6:30-7:30	Open Gym 6:00-08:00	Bootcamp 6:30-7:30	Open Gym 6:00-12:00		
7:00am							
7:30am							
8:00am	Camp 8-10	Camp 8-10	Camp 8-10	Open Gym		Open Gym 8:00- 9:30	Drop-in Adult Basketball 8:00-11:00
8:30am							
9:00am							
9:30am		Weight Training 7:30a-8:50a		Weight Training 7:30- 8:50			
10:00am	Open Gym 10:00-12:00	Cardio Fit 10:15-11:15	Open Gym 10a-12p	Cardio Fit 10:15-11:15	Drop-in Total Body Fit 8:50a-9:50a	Drop-in Womens Volleyball 9:30-12:00	
10:30am							
11:00am							
11:30am	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	Open Gym 12:00-2:00	Open Gym 11:00-2:00
12:00pm							
12:30pm							
1:00pm	Open Gym 1:00-3:00	Senior Vball 1:30-3:30	Drop-in Pickleball 1:30-3:30	Drop-in Pickleball 1:30-3:30	Drop-in Adult Bball 1:00-2:30	Senior Vball 1:30-3:30	All Ages Bball 1:00-2:00
1:30pm							
2:00pm							
2:30pm	Camp 3:00-5:30	Open Gym 3:30-6:00	Camp 3:00-5:30	Open Gym 3:30-6:00	Open Gym 1:00-6:00	Open Gym 1:00-7:00	All Ages Bball 3:30-5:00
3:00pm							
3:30pm							
4:00pm	Drop-in Pickleball 6:00-8:15	Open Gym 5:30-8:30	Camp 3:00-5:30	Open Gym 3:30-6:00	Open Gym 1:00-6:00	Open Gym 1:00-7:00	All Ages Bball 3:30-5:00
4:30pm							
5:00pm							
5:30pm	Drop-in Pickleball 6:00-8:15	Open Gym 5:30-8:30	Camp 3:00-5:30	Open Gym 3:30-6:00	Open Gym 1:00-6:00	Open Gym 1:00-7:00	All Ages Bball 3:30-5:00
6:00pm							
6:30pm							
7:00pm	Drop-in Pickleball 6:00-8:15	Open Gym 5:30-8:30	Camp 3:00-5:30	Open Gym 3:30-6:00	Open Gym 1:00-6:00	Open Gym 1:00-7:00	All Ages Bball 3:30-5:00
7:30pm							
8:00pm							
8:30pm	Drop-in Pickleball 6:00-8:15	Open Gym 5:30-8:30	Camp 3:00-5:30	Open Gym 3:30-6:00	Open Gym 1:00-6:00	Open Gym 1:00-7:00	All Ages Bball 3:30-5:00
8:00pm							
8:30pm							

SBRC Summer Hours:
Monday - Thursday
 6am - 8:30pm
Friday
 6am - 7pm
Saturday/Sunday
 8am - 2pm

Boulder Lift Aug. 15th & 17th from 8a-10a OUTSIDE
TBF 8/16th 8:50-9:50 OUTSIDE

GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-441-3448 or go to [Http://www.boulderparks-rec.org](http://www.boulderparks-rec.org)