



NBRC Gym Schedule

November 2-22

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Open Gym 6:00-7:30	Open Gym 6:00-7:45	Open Gym 6:00-7:30	Open Gym 6:00-7:45	Open Gym 6:00-7:30	Open Gym 6:30-8:30	
6:30am							
7:00am							
7:30am	Drop-in Fit For Life 7:30-8:30	Drop-In MRT 7:45-8:45	Drop-in Fit For Life 7:30-8:30	Drop-In MRT 7:45-8:45	Drop-in Fit For Life 7:30-8:30	Open Gym 8:00-12:00	
8:00am							
8:30am	Pickleball 8:30-10:30	Open Gym 8:45-1:00	Pickleball 8:30-10:30	Open Gym 8:45-1:00	Pickleball 8:30-10:30	Barbell Circuit 8:30-9:30	Drop-in CoEd Volleyball 8:00-12:00
9:00am							
9:30am							
10:00am							
10:30am	Drop-in Fit For Life 10:30-11:30	Open Gym 8:45-1:00	Drop-in Fit For Life 10:30-11:30	Open Gym 8:45-1:00	Drop-in Fit For Life 10:30am-11:30am	Open Gym 9:30-1:00	Gonzo 9:45-12
11:00am							
11:30am	Drop-in Adult Basketball 11:30-1:30	Drop-in Senior Basketball 1:00-2:30	Drop-in Adult Basketball 11:30-1:30	Drop-in Senior Basketball 1:00-2:30	Drop-in Adult Basketball 11:30-1:30	Drop-In All Ages Basketball 1:00-5:00	Drop-In All Ages Basetball 12:00-3:00
12:00pm							
12:30pm							
1:00pm	Open Gym 1:30-2:30	Drop-in Senior Basketball 1:00-2:30	Open Gym 1:30-5:15	Drop-In All Ages Basketball 2:30-5:00	Drop-In All Ages Basketball 2:30-5:00	Drop-In All Ages Basketball 1:00-5:00	Open Gym 3:00-8:00
1:30pm							
2:00pm	Drop-In All Ages Basketball 2:30-5:00	Drop-In All Ages BBall 2:30-5:00	Gonzo 2:45-4	Open Gym 1:30-5:15	Drop-In All Ages Basketball 2:30-5:00	Drop-In All Ages Basketball 2:30-5:00	Open Gym 5:00-7:30
2:30pm							
3:00pm							
3:30pm							
4:00pm	Open Gym 1:30-2:30	Open Gym	Open Gym 1:30-5:15	Open Gym 1:00-2:30	Open Gym 1:30-2:30	Drop-In All Ages Basketball 1:00-5:00	Open Gym 3:00-8:00
4:30pm							
5:00pm	Drop-In HIIT 5:30-6:15	Barbell Circuit 5:30-6:15	Drop-In HIIT 5:30-6:15	Barbell Circuit 5:30-6:15	Open Gym 5:00-7:30	Open Gym 5:00-7:00	
5:30pm							
6:00pm							
6:30pm	Indoor Kickball 6:30-9:30	Wmns Wrkt 6-7	Adult Drop-In Basketball 7:00-9:00	Open Gym 7:00-9:30	Open Gym 5:00-7:30	Open Gym 5:00-7:00	
7:00pm							
7:30pm	Indoor Kickball 6:30-9:30	Open Gym 7:00-9:30	Adult Drop-In Basketball 7:00-9:00	Open Gym 7:00-9:30	Open Gym 5:00-7:30	Open Gym 5:00-7:00	
8:00pm							
8:30pm							
9:00pm	Indoor Kickball 6:30-9:30	Open Gym 7:00-9:30	Open Gym	Open Gym	Open Gym	Open Gym	
9:30pm							



GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

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