



NBRC Gym Schedule

DECEMBER



The NBRC will close at 1:30pm on Wed, Dec 24th

The NBRC will be closed on Thurs, Dec 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Open Gym 6:00-7:30	Open Gym 6:00-8:30	Open Gym 6:00-7:30	Open Gym 6:00-8:30	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 Fit For Life 7:30-8:30		Drop-in Fit For Life 7:30-8:30		Open Gym 7:30-8:30
8:00am							
8:30am	Drop-in Pickleball 8:30-10:30	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
9:00am							
9:30am							
10:00am					Gonzo 9:45-12:00 ends 12/13		
10:30am	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	
11:00am		Open Gym 10:30-1:00		Open Gym 10:30-1:00			
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	Open Gym 9:30-7:00	
12:00pm							
12:30pm							
1:00pm							
1:30pm	Open Gym 1:30-2:30				Open Gym 1:30-2:30		
2:00pm			Open Gym 1:30-5:15	Drop-in Youth Basketball 2:30-5:00	Drop-in Youth Basketball 2:30-5:00		
2:30pm	Drop-in Youth Basketball 2:30-5:00	Drop-in Bball 2:30-5:00				Gonzo 3:00-4:30 ends 12/9	
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm	Setup	Drop-in Power 5-6	YSI 5:00-6:00	Setup	Drop-in Grp Power Wrkt 5:00-6:00	Open Gym 5:00-7:30	
5:30pm	Drop-in HIIT 5:30-6:30	Women's Workout 6:00-7:00	Drop-in HIIT 5:30-6:30	Women's Workout 6:00-7:00			
6:00pm			Open Gym				
6:30pm	FC Bldr 6:30-8:30 ends 12/15	Open Gym 6:30-9:30	Drop-in Adult Basketball 7:00-9:00	Open Gym 7:00-9:30	Open Gym 7:00-9:30		
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm							
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)