



SBRC Gym Schedule

August 22-31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00am	Open Gym 6:00-9:00	Open Gym	Open Gym 6:00-09:00	Open Gym	Open Gym 6:00-12:00				
6:30am		Bootcamp 6:30-7:30		Bootcamp 6:30-7:30					
7:00am		Open Gym 7:30-8:50		Weight Training 7:30a-8:50a				Open Gym 7:30-8:50	Weight Training 7:30a-8:50a
7:30am									
8:00am									
8:30am		Boulder Lift 9:00-10:00		Drop-in Total Body Fit 8:50-9:50				Boulder Lift 9:00-10:00	Drop-in Total Body Fit 8:50-9:50
9:00am	Open Gym 10:00-12:00	Cardio Fit 10:15-11:15	Open Gym 10a-12p	Cardio Fit 10:15-11:15	Drop-in Womens Volleyball 9:30-12:00				
9:30am									
10:00am									
10:30am									
11:00am	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	Open Gym 12:00-2:00	Open Gym 11:00-2:00			
11:30am									
12:00pm	Open Gym 1:00-6:00	Drop-in Pickleball 1:30-3:30	Open Gym 1:00-6:00	Drop-in Pickleball 1:30-3:30	Drop-in Sprts Conditioning 12:00-1:00	All Ages Bball 1:00-2:00			
12:30pm									
1:00pm									
1:30pm									
2:00pm									
2:30pm									
3:00pm	Senior Vball 1:30-3:30	Drop-in Pickleball 1:30-3:30	Drop-in Adult Bball 1:00-2:30	Drop-in Pickleball 1:30-3:30	Senior Vball 1:30-3:30	All Ages Bball 1:00-2:00			
3:30pm									
4:00pm	Open Gym 1:00-7:00	Expand 5:00-7:00 8/23	All Ages Bball 3:30-5p	Open Gym 3:30-6:00	All Ages Bball 3:30-5:00	SBRC Summer Hours: Monday - Thursday 6am - 8:30pm Friday 6am - 7pm Saturday/Sunday 8am - 2pm			
4:30pm									
5:00pm									
5:30pm									
6:00pm	Drop-in Pickleball 6:00-8:15	Open Gym 1:30-8:30	Drop-in Pickleball 6:00-8:15	Drop-in Badminton 6:00-8:15	Drop-in Pickleball 6:00-8:15				
6:30pm									
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 303-441-3448 or go to [Http://www.boulderparks-rec.org](http://www.boulderparks-rec.org)