

NBRC Gym Schedule

December 28-Jan 3



	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	Closed for the New Year Holiday The East Center is open from 8:30am - 1:30pm	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		Open Gym 7:30-8:30	Drop-in CoEd Volleyball 8:30-12:30	
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		Barbell Circuit 8:30-9:30		
9:00am								
9:30am								
10:00am	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 All Ages Basketball 1:00-5:00		Drop In All Ages Basketball 12:30-3:00
10:30am								
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 Volleyball 1:00-2:30	Drop In All Ages Basketball 1:00-5:00	Drop In All Ages Basketball 12:30-3:00		
12:00pm								
12:30pm								
1:00pm	Open Gym 1:30-2:30	Drop-In All Ages BBall 2:30-5:00	Open Gym 1:30-5:15	Open Gym 2:30-4:00	Drop In All Ages Basketball 1:00-5:00	Open Gym 3:00-8:00		
1:30pm								
2:00pm								
2:30pm	Drop-In All Ages Basketball 2:30-5:00	Open Gym	V-Ball Rental 2:30-4	Open Gym 2:30-4:00	Drop In All Ages Basketball 1:00-5:00	Open Gym 3:00-8:00		
3:00pm								
3:30pm								
4:00pm	Drop-In HIIT 5:15-6:30	Barbell Circuit 5:30-6:15	Open Gym 1:30-5:15	Open Gym 1:30-5:15	Drop In All Ages Basketball 1:00-5:00	Open Gym 3:00-8:00		
4:30pm								
5:00pm								
5:30pm	Open Gym 6:30-9:30	Open Gym 6:15-9:30	Drop-In HIIT 5:15-6:30	Open Gym 5:00-7:00	Open Gym 5:00-7:00	Open Gym 3:00-8:00		
6:00pm								
6:30pm								
7:00pm	Open Gym 6:30-9:30	Open Gym 6:15-9:30	Adult Drop-In Basketball 7:00-9:00	Open Gym 5:00-7:00	Open Gym 5:00-7:00	Open Gym 3:00-8:00		
7:30pm								
8:00pm								
8:30pm	Open Gym 6:30-9:30	Open Gym 6:15-9:30	Open Gym	Open Gym 5:00-7:00	Open Gym 5:00-7:00	Open Gym 3:00-8:00		
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)