

# NBRC Gym Schedule

## November 30 - December 20



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	<b>Open Gym</b> 6:00-7:30	<b>Open Gym</b> 6:00-7:45	<b>Open Gym</b> 6:00-7:30	<b>Open Gym</b> 6:00-7:45	<b>Open Gym</b> 6:00-7:30	<b>Open Gym</b> 6:30-8:30	<b>Open Gym</b>
6:30am							
7:00am							
7:30am	<b>Drop-in Fit For Life</b> 7:30-8:30	<b>Drop-In MRT</b> 7:45-8:45	<b>Drop-in Fit For Life</b> 7:30-8:30	<b>Drop-In MRT</b> 7:45-8:45	<b>Drop-in Fit For Life</b> 7:30-8:30	<b>Barbell Circuit</b> 8:30-9:30	<b>Drop-in CoEd Volleyball</b> 8:00-12:00
8:00am							
8:30am	<b>Pickleball</b> 8:30-10:30	<b>Open Gym</b> 8:45-1:00	<b>Pickleball</b> 8:30-10:30	<b>Open Gym</b> 8:45-1:00	<b>Pickleball</b> 8:30-10:30	<b>Gonzo</b> 9:45-12 last day 12/12	<b>Drop-In All Ages Basetball</b> 12:30-3:00
9:00am							
9:30am							
10:00am	<b>Drop-in Fit For Life</b> 10:30-11:30	<b>Open Gym</b> 8:45-1:00	<b>Drop-in Fit For Life</b> 10:30-11:30	<b>Open Gym</b> 8:45-1:00	<b>Drop-in Fit For Life</b> 10:30am-11:30am	<b>Open Gym</b> 9:30-1:00	<b>Drop-In All Ages Basetball</b> 12:30-3:00
10:30am							
11:00am	<b>Drop-in Adult Basketball</b> 11:30-1:30	<b>Drop-in Senior Basketball</b> 1:00-2:30	<b>Drop-in Adult Basketball</b> 11:30-1:30	<b>Drop-in Senior Basketball</b> 1:00-2:30	<b>Drop-in Adult Basketball</b> 11:30-1:30	<b>Drop-In All Ages Basketball</b> 1:00-5:00	<b>Open Gym</b> 3:00-8:00
12:00pm							
12:30pm							
1:00pm	<b>Open Gym</b> 1:30-2:30	<b>Drop-In All Ages BBall</b> 2:30-5:00	<b>Open Gym</b> 1:30-5:15	<b>Drop-In All Ages Basketball</b> 2:30-5:00	<b>Drop-In All Ages BBall</b> 2:30-5:00	<b>Gym Rental</b> 12/11 only	<b>Open Gym</b> 3:00-8:00
1:30pm							
2:00pm	<b>Drop-In All Ages Basketball</b> 2:30-5:00	<b>Drop-In All Ages BBall</b> 2:30-5:00	<b>Open Gym</b> 1:30-5:15	<b>Drop-In All Ages Basketball</b> 2:30-5:00	<b>Drop-In All Ages BBall</b> 2:30-5:00	<b>Gym Rental</b> 12/11 only	<b>Open Gym</b> 3:00-8:00
2:30pm							
3:00pm							
3:30pm	<b>Drop-In All Ages Basketball</b> 2:30-5:00	<b>Drop-In All Ages BBall</b> 2:30-5:00	<b>Open Gym</b> 1:30-5:15	<b>Drop-In All Ages Basketball</b> 2:30-5:00	<b>Drop-In All Ages BBall</b> 2:30-5:00	<b>Gym Rental</b> 12/11 only	<b>Open Gym</b> 3:00-8:00
4:00pm							
4:30pm	<b>Drop-In All Ages Basketball</b> 2:30-5:00	<b>Drop-In All Ages BBall</b> 2:30-5:00	<b>Open Gym</b> 1:30-5:15	<b>Drop-In All Ages Basketball</b> 2:30-5:00	<b>Drop-In All Ages BBall</b> 2:30-5:00	<b>Gym Rental</b> 12/11 only	<b>Open Gym</b> 3:00-8:00
5:00pm							
5:30pm							
6:00pm	<b>Drop-In HIIT</b> 5:15-6:30	<b>Barbell Circuit</b> 5:30-6:15 <b>Women's Wkt</b> 6-7	<b>Drop-In HIIT</b> 5:15-6:30	<b>Barbell Circuit</b> 5:30-6:15 <b>Women's Wkt</b> 6-7	<b>Open Gym</b> 5:00-7:30	<b>Open Gym</b> 5:00-7:00	<b>Open Gym</b> 3:00-8:00
6:30pm							
7:00pm	<b>Indoor Kickball</b> 6:30-9:30	<b>Open Gym</b> 7:00-9:30	<b>Adult Drop-In Basketball</b> 7:00-9:00	<b>Open Gym</b> 7:00-9:30	<b>Open Gym</b> 7:00-9:30	<b>Open Gym</b> 7:00-9:30	<b>Open Gym</b> 3:00-8:00
7:30pm							
8:00pm							
8:30pm	<b>Indoor Kickball</b> 6:30-9:30	<b>Open Gym</b> 7:00-9:30	<b>Adult Drop-In Basketball</b> 7:00-9:00	<b>Open Gym</b> 7:00-9:30	<b>Open Gym</b> 7:00-9:30	<b>Open Gym</b> 7:00-9:30	<b>Open Gym</b> 3:00-8:00
9:00pm							
9:30pm	<b>Indoor Kickball</b> 6:30-9:30	<b>Open Gym</b> 7:00-9:30	<b>Adult Drop-In Basketball</b> 7:00-9:00	<b>Open Gym</b> 7:00-9:30	<b>Open Gym</b> 7:00-9:30	<b>Open Gym</b> 7:00-9:30	<b>Open Gym</b> 3:00-8:00
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)