



SBRC Gym Schedule

Nov. 30 - December 20

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Open Gym 6:00-9:30	Open Gym	Open Gym 6:00-12:00	Open Gym	Open Gym 6:00-9:30		
6:30am		Bootcamp 6:30-7:30		Bootcamp 6:30-7:30			
7:00am		Complete Conditioning 7:30-8:30		Complete Conditioning 7:30-8:30			
7:30am		Drop-in Total Body Fitness 8:50-9:50		Drop-in Total Body Fitness 8:50-9:50			
8:00am		Drop-in Total Body Fitness 8:50-9:50		Drop-in Total Body Fitness 8:50-9:50			
8:30am	Gym Jam 9:30-11:30	Open Gym 9:50-11:30	Open Gym 9:50-11:30	Open Gym 9:50-11:30	Gym Jam 9:30-11:30	Drop-in Total Body Fitness 8:30-9:30	Drop-in Adult Basketball 8:00-11:00
9:00am							
9:30am							
10:00am	Open Gym	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	Drop-In Women's Volleyball 9:30-12:00	All Ages Bball 11-12
10:30am							
11:00am	Open Gym 1:00-3:30	Drop-in Pickleball 1:30-3:30	Open Gym 1-5	Drop-in Pickleball 1:30-3:30	Open Gym 1:00-3:30	All Ages Bball 12-5	Youth Volleyball 12:00-4:45
11:30am							
12:00pm							
12:30pm							
1:00pm							
1:30pm	All Ages Bball 3:30-5:00	Open Gym 3:30-6:00	All Ages Bball 3:30-5	Open Gym 3:30-6:00	All Ages Bball 3:30-5:00	Open Gym 1:30-5	Open Gym 11-5
1:30pm							
2:00pm	All Ages Bball 3:30-5:00	Open Gym 3:30-6:00	All Ages Bball 3:30-5	Open Gym 3:30-6:00	All Ages Bball 3:30-5:00	Open Gym 1:30-5	Open Gym 11-5
2:30pm							
3:00pm	All Ages Bball 3:30-5:00	Open Gym 3:30-6:00	All Ages Bball 3:30-5	Open Gym 3:30-6:00	All Ages Bball 3:30-5:00	Open Gym 1:30-5	Open Gym 11-5
3:30pm							
4:00pm	All Ages Bball 3:30-5:00	Open Gym 3:30-6:00	All Ages Bball 3:30-5	Open Gym 3:30-6:00	All Ages Bball 3:30-5:00	Open Gym 1:30-5	Open Gym 11-5
4:30pm							
5:00pm	All Ages Bball 3:30-5:00	Open Gym 3:30-6:00	All Ages Bball 3:30-5	Open Gym 3:30-6:00	All Ages Bball 3:30-5:00	Open Gym 1:30-5	Open Gym 11-5
5:30pm							
6:00pm	All Ages Bball 3:30-5:00	Open Gym 3:30-6:00	All Ages Bball 3:30-5	Open Gym 3:30-6:00	All Ages Bball 3:30-5:00	Open Gym 1:30-5	Open Gym 11-5
6:30pm							
7:00pm	All Ages Bball 3:30-5:00	Open Gym 3:30-6:00	All Ages Bball 3:30-5	Open Gym 3:30-6:00	All Ages Bball 3:30-5:00	Open Gym 1:30-5	Open Gym 11-5
7:30pm							
8:00pm	All Ages Bball 3:30-5:00	Open Gym 3:30-6:00	All Ages Bball 3:30-5	Open Gym 3:30-6:00	All Ages Bball 3:30-5:00	Open Gym 1:30-5	Open Gym 11-5
8:30pm							
9:00pm	All Ages Bball 3:30-5:00	Open Gym 3:30-6:00	All Ages Bball 3:30-5	Open Gym 3:30-6:00	All Ages Bball 3:30-5:00	Open Gym 1:30-5	Open Gym 11-5
9:30pm							



GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-441-3448 or go to <http://www.boulderparcs-rec.org>

