



SBRC Gym Schedule

October

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
6:00am		Open Gym		Open Gym	Open Gym 6:00-9:00					
6:30am	Open Gym 6:00-9:00	Bootcamp 6:30-7:30	Open Gym 6:00-09:00	Bootcamp 6:30-7:30						
7:00am		Weight Training 7:30a- 8:50a		LoHi Bootcamp 8:00-9:00				Open Gym 7:30-8:50	Weight Training 7:30a-8:50a	
7:30am										
8:00am	LoHi Bootcamp 8:00-9:00					Open Gym 8:00- 9:30	Drop-in Adult Basketball 8:00-11:00			
8:30am	Setup	Drop-in Total Body Fit 8:50-9:50	Gymnastics 9:00-10:15	Drop-in Total Body Fit 8:50-9:50	Set-up					
9:00am	Gym Jam 9:30- 11:30					 Cardio Fit 10:15-11:15		Open Gym 9a-12p	 Cardio Fit 10:15-11:15	Gym Jam 9:30a-11:30a
9:30am										
10:00am										
10:30am										
11:00am										
11:30am	Takedown	Drop-in Adult Basketball 11:30-1:30	Drop-in Sprts Conditioning 12:00-1:00	Drop-in Adult Basketball 11:30-1:30	Drop-in Sprts Conditioning 12:00-1:00					
12:00pm	Drop-in Sprts Conditioning 12:00-1:00									
12:30pm										
1:00pm	Open Gym 1:00-6:00	Senior V-ball 1:30-3:30 *10/10 only	Open Gym 1:00-3:30	Drop-in Adult Bball 1:00-2:30	Drop-in Pickleball 1:30-3:30	All Ages Bball 12:00-5:00	Open Gym 12:00-5:00			
1:30pm										
2:00pm										
2:30pm										
3:00pm										
3:30pm										
4:00pm		Expand Sports 4:00-5:00	All Ages Bball 3:30-5	Gymnastics 3:30-5:15						
4:30pm										
5:00pm		Open Gym 5:00 - 6:00	Open Gym 5:00- 6:00							
5:30pm										
6:00pm	Women's Bball League 6:15- 9:00	Men's B-ball League 6:00-10:00	Men's B-ball league 6:00-10:00	Open Gym 3:30 -9:30	Drop-in Badminton 5:45-7:45					
6:30pm										
7:00pm										
7:30pm										
7:30pm										
8:00pm										
8:30pm										
9:00pm	Open Gym 9:00- 9:30									
9:30pm										

- * Gymnastics AM & PM NOT scheduled 10/19 ONLY
- *Rental 1/2 of the gym closed 1:00-3:30 on 10/14
- *10/28 Gym closed 1p-6p: Halloween Carnival 3-5p.

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)