



SBRC Gym Schedule

November

	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 6:00-9:00				
6:30am		Bootcamp 6:30-7:30		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	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	Winter Sport Cond. 8:00- 9:00	Drop-in Adult Basketball 8:00-11:00		
8:30am	Gym Jam 9:30- 11:30					Cardio Fit 10:15-11:15		Cardio Fit 10:15-11:15	Open Gym 9:00-9:30
9:00am		Drop-in Womens Volleyball 9:30-12:00	All ages Bball 11:00-12:00						
9:30am	Drop-in Adult Basketball 11:30-1:30			Drop-in Spts Conditioning 12:00-1:00	Drop-in Spts Conditioning 12:00-1:00	Drop-in Spts Conditioning 12:00-1:00			
10:00am		Open Gym 1:00-3:30	Drop-in Adult Bball 1:00-2:30				Drop-in Pickleball 1:30-3:30	Open Gym 1:00-3:30	Senior v-ball 1:30-3:30 *11/21 only
10:30am	Open Gym 5:00 - 6:00			Open Gym 5:00- 6:00	Open Gym 3:30 -6:00	Open Gym 5:45			
11:00am		Open Gym 9:00- 9:30	Open Gym 5:00- 6:00				Open Gym 5:00- 6:00	Open Gym 5:45	
11:30am	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	Co-ed Dodgeball 6:00- 9:00			Drop-in Badminton 5:45-7:45
12:00pm		Open Gym 9:00- 9:30	Open Gym 9:00- 9:30				Open Gym 9:00-9:30p		
12:30pm	Open Gym 9:00- 9:30			Open Gym 9:00- 9:30	Open Gym 9:00-9:30p				
1:00pm		Open Gym 9:00- 9:30	Open Gym 9:00- 9:30			Open Gym 9:00-9:30p			
1:30pm	Open Gym 9:00- 9:30			Open Gym 9:00- 9:30	Open Gym 9:00-9:30p				
2:00pm		Open Gym 9:00- 9:30	Open Gym 9:00- 9:30			Open Gym 9:00-9:30p			
2:30pm	Open Gym 9:00- 9:30			Open Gym 9:00- 9:30	Open Gym 9:00-9:30p				
3:00pm		Open Gym 9:00- 9:30	Open Gym 9:00- 9:30			Open Gym 9:00-9:30p			
3:30pm	Open Gym 9:00- 9:30			Open Gym 9:00- 9:30	Open Gym 9:00-9:30p				
4:00pm		Open Gym 9:00- 9:30	Open Gym 9:00- 9:30			Open Gym 9:00-9:30p			
4:30pm	Open Gym 9:00- 9:30			Open Gym 9:00- 9:30	Open Gym 9:00-9:30p				
5:00pm		Open Gym 9:00- 9:30	Open Gym 9:00- 9:30			Open Gym 9:00-9:30p			
5:30pm	Open Gym 9:00- 9:30			Open Gym 9:00- 9:30	Open Gym 9:00-9:30p				
6:00pm		Open Gym 9:00- 9:30	Open Gym 9:00- 9:30			Open Gym 9:00-9:30p			
6:30pm	Open Gym 9:00- 9:30			Open Gym 9:00- 9:30	Open Gym 9:00-9:30p				
7:00pm		Open Gym 9:00- 9:30	Open Gym 9:00- 9:30			Open Gym 9:00-9:30p			
7:30pm	Open Gym 9:00- 9:30			Open Gym 9:00- 9:30	Open Gym 9:00-9:30p				
8:00pm		Open Gym 9:00- 9:30	Open Gym 9:00- 9:30			Open Gym 9:00-9:30p			
8:30pm	Open Gym 9:00- 9:30			Open Gym 9:00- 9:30	Open Gym 9:00-9:30p				
9:00pm		Open Gym 9:00- 9:30	Open Gym 9:00- 9:30			Open Gym 9:00-9:30p			
9:30pm	Open Gym 9:00- 9:30			Open Gym 9:00- 9:30	Open Gym 9:00-9:30p				

* Senior Volleyball on 11/11 & 11/25 ONLY
 * Gymnastics AM & PM NOT scheduled 11/23 ONLY
 ** Whole facility closed Thanksgiving Day 11/ 24**