12/2/2016

SBRC Gym Schedule

December 19-31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Open Gym 6:00-8:00	Open Gym	Open Gym 6:00-08:00	Open Gym	Open Gym 6:00-9:00		
6:30am		Bootcamp 6:30-7:30		Bootcamp 6:30-7:30			
7:00am							
7:30am		Weight Training 7:30a- 8:50a		Weight Training 7:30a- 8:50a			
8:00am	LoHi Bootcamp 8:00-9:00		LoHi Bootcamp 8:00-9:00			Winter Sport Cond. 8:00- 9:00	Drop-in Adult Basketball 8:00-11:00
8:30am							
9:00am	Setup	Drop-in Total Body Fit 8:50-9:50		Drop-in Total Body Fit 8:50-9:50	Set-up	Open Gym 9:00- 9:30	
9:30am	Gym Jam 9:30- 11:30		Open Gym 9:00- 12:00		Gym Jam 9:30a- 11:30a	Drop-in Womens Volleyball 9:30-12:00	
10:00am		Cardio Fit 10:15-11:15		Cardio Fit 10:15-11:15			
10:30am							
11:00am							All ages Bball 11:00-12:00
11:30am	Takedown	Drop-in Adult Basketball 11:30-1:30		Drop-in Adult Basketball 11:30-1:30	Takedown		
12:00pm	Drop-in Sprts Conditioning 12:00-1:00		Drop-in Sprts Conditioning 12:00-1:00		Drop-in Sprts Conditioning 12:00-1:00	Open Gym 12:00-5:00	All Ages B-ball 12:00-5:00
12:30pm							
1:00pm							Open Gym 11:00-5:00
1:30pm	Senior V-ball 1:30-3:30	Drop-in Pickleball 1:30-3:30	Drop-in Adult Bball 1:00-2:30	Drop-in Pickleball 1:30-3:30	Senior v-ball 1:30-3:30		
2:00pm							
2:30pm							Gonzo Tennis 1:00-4:00p
3:00pm							
3:30pm	All Ages BBall 3:30-5:00	Open Gym 3:30-9:30pm	All Ages Bball 3:30-5	Open Gym 3:30 -6:00	All Ages Bball 3:30-5:00		
4:00pm							
4:30pm							
5:00pm						SBRC Fall Hours: Monday - Thursday 6am - 9:30pm Friday 6am - 8pm Saturday/Sunday 8am - 5pm	
5:30pm							
6:00pm				Co-ed Dodgeball 6:00- 9:00 *last day 12/22	Drop-in Badminton 5:45-7:45		
6:30pm							
7:00pm	Open Gym 1:00-9:30		Open Gym 1:00- 9:30				
7:30pm							
8:00pm						*SBRC closes at 1:30pm on 12/24 & 4pm on 12/31. SBRC is CLOSED on 12/25 and 1/01/17.*	
8:30pm							
9:00pm				Open Gym 9:00-9:30p			
9:30pm							

For more information call 303-441-3448 or go to Http://www.boulderparks-rec.org