



# NBRC Gym Schedule

## August



**\*\*NBRC CLOSED for annual shutdown 8/22-8/28\*\***

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday*
6:00am	<b>Open Gym</b> 6:00-7:30	<b>Open Gym</b> 6:00-7:30	<b>Open Gym</b> 6:00-7:30	<b>Open Gym</b> 6:00-7:30	<b>Open Gym</b> 6:00-7:30	<b>Open Gym</b> 6:30-8:30	
6:30am							
7:00am							
7:30am	Drop-in Fit For Life 7:30-8:30	Drop-in MRT 7:30-8:30	Drop-in Fit For Life 7:30-8:30	Drop-in MRT 7:30-8:30	Drop-in Fit For Life 7:30-8:30		Open Gym
8:00am							<b>Drop-in CoEd Volleyball</b> 8:00-12:00 No Volleyball on 8/21
8:30am	<b>Drop-in Pickleball</b> 8:30-10:30		<b>Drop-in Pickleball</b> 8:30-10:30		<b>Drop-in Pickleball</b> 8:30-10:30	Barbell Circuit 8:30-9:30	
9:00am							
9:30am						Open Gym	
10:00am		<b>Open Gym</b> 8:30-1:00		<b>Open Gym</b> 8:30-1:00		Drop-In Ayre 10:15-11:15	
10:30am	Drop-in Fit For Life 10:30-11:30		Drop-in Fit For Life 10:30-11:30		Drop-in Fit For Life 10:30-11:30		
11:00am							
11:30am	<b>Drop-in Adult Basketball</b> 11:30-1:30	<b>Open Gym</b> 8:30-1:00	<b>Drop-in Adult Basketball</b> 11:30-1:30		<b>Drop-in Adult Basketball</b> 11:30-1:30		
12:00pm							
12:30pm							
1:00pm		Drop-in Senior Basketball 1:00-2:30		Drop-in Senior Basketball 1:00-2:30			
1:30pm	Open Gym		Open Gym		Open Gym		
2:00pm	<b>Camps</b> 2:00-4:30	<b>Camps</b> 2:30-4:30	<b>Camps</b> 2:00-4:30	<b>Camps</b> 2:30-4:30	<b>Camps</b> 2:00-4:30	<b>Open Gym</b> 11:15-7:00	
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm	<b>Open Gym</b> 6:30-9:30	<b>Open Gym</b> 4:30-6:00	<b>Open Gym</b> 4:30-5:15 <i>Setup</i>	<b>Open Gym</b> 4:30-6:00	<b>Open Gym</b> 4:30-7:30		
5:00pm							<i>Setup</i>
5:30pm							Drop-in HIIT 5:30-6:15
6:00pm			<i>Takedown</i>				
6:30pm		Women's Wkt 6:00-7:00	Open Gym	Women's Wkt 6:00-7:00			
7:00pm	<b>Open Gym</b> 6:30-9:30	<b>Men's Basketball League</b> 7:00-10:00	<b>Drop-in Adult Basketball</b> 7:00-9:00	<b>Men's Basketball League</b> 7:00-10:00			
7:30pm							
8:00pm							
8:30pm			Open Gym				
9:00pm							
9:30pm	<b>*The Basketball gym will be closed 8/21-8/28 for resurfacing*</b>						

**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)