



NBRC Gym Schedule

May

Center will open at 1:30pm on Monday, May 30th for Memorial Day

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Open Gym 6:00-7:30	Open Gym 6:00-7:45	Open Gym 6:00-7:30	Open Gym 6:00-7:45	Open Gym 6:00-7:30	Open Gym 6:30-8:30	
6:30am							
7:00am							
7:30am	Drop-in Fit For Life 7:30-8:30	Drop-in MRT 7:45-8:45	Drop-in Fit For Life 7:30-8:30	Drop-in MRT 7:45-8:45	Drop-in Fit For Life 7:30-8:30	Open Gym	Open Gym
8:00am							
8:30am	Drop-in Pickleball 8:30-10:30	Drop-In Ayre 9:00-10:00	Drop-in Pickleball 8:30-10:30		Drop-in Pickleball 8:30-10:30	Barbell Circuit 8:30-9:30	Drop-in CoEd Volleyball 8:00-12:00
9:00am							
9:30am						Open Gym	
10:00am	Drop-in Fit For Life 10:30-11:30	Open Gym 10:00-1:00	Drop-in Fit For Life 10:30-11:30	Open Gym 8:45-1:00	Drop-in Fit For Life 10:30-11:30	Drop-In Ayre 10:15-11:15	
10:30am							
11:00am							
11:30am	Drop-in Adult Basketball 11:30-1:30		Drop-in Adult Basketball 11:30-1:30		Drop-in Adult Basketball 11:30-1:30		
12:00pm							
12:30pm							
1:00pm	Open Gym 1:30-2:30	Drop-in Senior Basketball 1:00-2:30		Drop-in Senior Basketball 1:00-2:30	Open Gym 1:30-2:30		
1:30pm							
2:00pm							
2:30pm	Drop-in All Ages Basketball 2:30-5:00	Drop-in All Ages Bball 2:30-5:00	Open Gym 2:30-5:30	Open Gym 1:30-5:15	Drop-in All Ages Basketball 2:30-5:00	Drop-in All Ages Basketball 2:30-5:00	Open Gym 11:15-7:00
3:00pm							
3:30pm							
4:00pm							Open Gym 12:00-8:00
4:30pm							
5:00pm							
5:30pm	Drop-in HIIT 5:30-6:15	Barbell Circuit 5:30-6:15	Drop-in HIIT 5:30-6:15	Barbell Circuit 5:30-6:15	Open Gym 5:00-7:30		
6:00pm	Takedown		Takedown				
6:30pm	Open Gym 6:30-9:30	Women's Wkt 6:00-7:00	Open Gym	Women's Wkt 6:00-7:00			
7:00pm							
7:30pm							
8:00pm		Open Gym 7:00-9:30	Drop-in Adult Basketball 7:00-9:00	Open Gym 7:00-9:30			
8:30pm							
9:00pm							
9:30pm			Open Gym				

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)