



# NBRC Gym Schedule

## May 31st-June 6th

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