



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 7:30-8:30	Open Gym 7:30-8:30	
8:00am								
8:30am	Drop-in Pickleball 8:30-10:30		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		Drop-In Ayre 9:00-10:00				Open Gym		
9:30am								
10:00am		Open Gym 10:00-11:00		Open Gym 8:45-1:00	Drop-in Fit For Life 10:30-11:30	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					
11:00am		Gym closed May 3rd 11am-12pm						
11:30am	Drop-in Adult Basketball 11:30-1:30	Open Gym 12:00-1:00	Drop-in Adult Basketball 11:30-1:30		Drop-in Adult Basketball 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	Open Gym 1:30-2:30			
1:30pm	Open Gym 1:30-2:30							
2:00pm	Drop-in All Ages Basketball 2:30-5:00	Drop-in All Ages Bball 2:30-5:00	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	
2:30pm								Open Gym 2:30-5:30
3:00pm								
3:30pm								
4:00pm								
4:30pm						Open Gym 12:00-8:00		
5:00pm	Setup		Setup					
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			Drop-in Adult Basketball 7:00-9:00					
7:30pm		Open Gym 7:00-9:30		Open Gym 7:00-9:30				
8:00pm								
8:30pm								
9:00pm			Open Gym					
9:30pm								

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)