



NBRC Gym Schedule

October



Check for closures on the bottom of each day

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	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 7:40-8:45	Drop-in Fit For Life 7:30-8:30		Open Gym
8:00am							
8:30am	Drop-in Pickleball 8:30-10:30	Open Gym 8:30-1:00	Drop-in Pickleball 8:30-10:30	Open Gym 8:30-1:00	Drop-in Pickleball 8:30-10:30	Barbell Circuit 8:30-9:30	Drop-in CoEd Volleyball 8:30-12:30
9:00am							
9:30am							
10:00am	Drop-in Fit For Life 10:30-11:30	Open Gym 8:30-1:00	Drop-in Fit For Life 10:30-11:30	Open Gym 8:30-1:00	Drop-in Fit For Life 10:30-11:30		
10:30am							
11:00am							
11:30am	Drop-in Adult Basketball 11:30-1:30	Drop-in Senior Basketball 1:00-2:30	Drop-in Adult Basketball 11:30-1:30	Drop-in Senior Basketball 1:00-2:30	Drop-in Adult Basketball 11:30-1:30	Open Gym 9:30-7:00	
12:00pm							
12:30pm							
1:00pm	Open Gym 1:30-2:30	All Ages Basketball 2:30-5:00	Open Gym 1:30-5:15	All Ages Basketball 2:30-5:00	All Ages Basketball 2:30-5:00		Open Gym 12:00-8:00
1:30pm							
2:00pm							
2:30pm	All Ages Basketball 2:30-5:00	All Ages Basketball 2:30-5:00	Open Gym 1:30-5:15	All Ages Basketball 2:30-5:00	All Ages Basketball 2:30-5:00		
3:00pm							
3:30pm							
4:00pm	Set-up	Open Gym	Set-up	Open Gym	Open Gym 5:00-7:30		
4:30pm							
5:00pm							
5:30pm	H.I.I.T. 5:30-6:15	Barbell Circuit 5:30-6:15	H.I.I.T. 5:30-6:15	Barbell Circuit 5:30-6:15	Open Gym 5:00-7:30		
6:00pm	Takedown	Women's Wkt 6:00-7:00	Takedown	Women's Wkt 6:00-7:00			
6:30pm	Open Gym 6:30-9:30	Open Gym 7:00-9:30	Drop-in Adult Basketball 7:00-9:00	Open Gym 7:00-9:30			
7:00pm							
7:30pm							
8:00pm	Open Gym 6:30-9:30	Open Gym 7:00-9:30	Open Gym	Open Gym 7:00-9:30			
8:30pm							
9:00pm							
9:30pm							

***CLOSED**
10/15 9:30am-12pm for intercambio and
10/29 2:45-4:45 for Naropa Tourney

GYM CLOSED Tuesday 10/25 9am-11am for maintainence

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)