



# Blacksheep CrossFit Boca at Palm Beach Gym

November 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00am-7:00am <i>CrossFit</i>	6:00am-7:00am <i>CrossFit</i>	6:00am-7:00am <i>CrossFit</i>	6:00am-7:00am <i>CrossFit</i>	6:00am-7:00am <i>CrossFit</i>	
	7:30am - 8:30am <i>CrossFit</i>	7:30am - 8:30am <i>CrossFit</i>	7:30am - 8:30am <i>CrossFit</i>	7:30am - 8:30am <i>CrossFit</i>	7:30am - 8:30am <i>CrossFit</i>	
						8:00am - 9:00am <i>Endurance WOD</i>
	9:30am - 10:30am <i>CrossFit</i>	9:30am - 10:30am <i>CrossFit</i>	9:30am - 10:30am <i>CrossFit</i>	9:30am - 10:30am <i>CrossFit</i>	9:30am - 10:30am <i>CrossFit</i>	9:00am - 10:00am <i>CrossFit</i>
	12:00pm - 1:00pm <i>CrossFit</i>	12:00pm - 1:00pm <i>CrossFit</i>	12:00pm - 1:00pm <i>CrossFit</i>	12:00pm - 1:00pm <i>CrossFit</i>	12:00pm - 1:00pm <i>CrossFit</i>	
	4:30pm - 5:30pm <i>CrossFit</i>	4:30pm - 5:30pm <i>CrossFit</i>	4:30pm - 5:30pm <i>CrossFit</i>	4:30pm - 5:30pm <i>CrossFit</i>	4:30pm - 5:30pm <i>CrossFit</i>	
	5:30pm - 6:30pm <i>CrossFit</i>	5:30pm - 6:30pm <i>CrossFit</i>	5:30pm - 6:30pm <i>CrossFit</i>	5:30pm - 6:30pm <i>CrossFit</i>	5:30pm - 6:30pm <i>CrossFit</i>	
	6:30pm - 7:30pm <i>CrossFit</i>	6:30pm - 7:30pm <i>CrossFit</i>	6:30pm - 7:30pm <i>CrossFit</i>	6:30pm - 7:30pm <i>CrossFit</i>	6:30pm - 7:30pm <i>CrossFit</i>	
<b>Gym Hours</b> Mon-Thur: 5:00 AM - 9:00 PM Friday 5:00 AM - 9:00 PM Saturday 7:00 AM - 7:00 PM Sunday 7:00 AM - 4:00 PM				<b>INTERESTED IN A CROSSFIT PERSONAL TRAINER?</b>  <b>SEE THE FRONT DESK FOR MORE INFORMATION</b>		