

# WEEKLY SCHEDULE

B E A C H E S

## CROSSFIT

<b>6:00AM</b>	-	<b>7:00AM</b>	<b>MON - FRI</b>
<b>7:00AM</b>	-	<b>8:00AM</b>	<b>MON - FRI</b>
<b>9:30AM</b>	-	<b>10:30AM</b>	<b>M/W/F</b>
<b>11:00AM</b>	-	<b>12:00PM</b>	<b>MON - FRI</b>
<b>4:30PM</b>	-	<b>5:30PM</b>	<b>MON - FRI</b>
<b>5:30PM</b>	-	<b>6:30PM</b>	<b>MON - FRI</b>
<b>6:30PM</b>	-	<b>7:30PM</b>	<b>MON - THU</b>
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<b>9:00AM</b>	-	<b>10:00AM</b>	<b>SAT</b>
<b>10:00AM</b>	-	<b>11:00AM</b>	<b>SAT</b>

## OPEN GYM

<b>2:00PM</b>	-	<b>4:00PM</b>	<b>MON - FRI</b>
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<b>11:00AM</b>	-	<b>1:00PM</b>	<b>SUN</b>

## BLACK HIVE CONTACTS

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