ADULT CROSSFIT SCHEDULE Ages 16+

Corte Madera
As of 08/13/2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM	**w/Ron**	**w/Henry**	**w/Ron**	**w/Ron**	**w/Ron**		
6:15 AM	**w/Ron**	**w/Henry**	**w/Ron**	**w/Ron**	**w/Ron**		
7:00AM						**w/Ron**	
7:15 AM	**w/Ron**	**w/Henry**	**w/Ron**	**w/Ron** **HYROX**	**w/Ron**		
8:00AM						**w/Ron**	
9:00 AM	**w/Roger**	**w/Shawn**	**w/Ron**	**w/Ron**	**w/Ron**	**w/Ron**	**w/Shawn**
10:00 AM	**w/Roger**	**w/Shawn**	**w/Ron**	**w/Ron**	**w/Ron**	**w/Ron**	**w/Shawn**
11:00AM							**w/Shawn** **HYROX**
3:00 PM	**w/Ron**		**w/Claudio**		**w/Claudio**		
3:30 PM		**w/Ron**		**w/Claudio**			
4:00 PM	**w/Ron**		**w/Claudio**		**w/Claudio**		
4:30 PM		**w/Ron** **HYROX**		**w/Claudio**			
5:00 PM	**w/Ron**		**w/Claudio**		**w/Claudio**		
5:30 PM		**w/Ron**		**w/Claudio**			
6:00 PM	**w/Ron**		**w/Claudio**		**w/Shawn**		
6:30 PM		**w/Ron**		**w/Claudio**			