

Prince Regent CrossFit

Newham Leisure Centre

Accurate as of 19/04/2024

Times for Tuesday 14 December



| Time | Session | Facility |
|---------------|------------------------------|----------------|
| 06:30 - 07:30 | CrossFit | Functional Box |
| 07:30 - 08:30 | Open Box | Functional Box |
| 15:00 - 16:00 | Open Box | Functional Box |
| 16:00 - 17:00 | CrossFit Teens (12-16 years) | Functional Box |
| 17:00 - 18:00 | Open Box | Functional Box |
| 18:30 - 19:30 | CrossFit | Functional Box |
| 19:30 - 20:30 | CrossFit | Functional Box |