Prince Regent CrossFit

Newham Leisure Centre

Accurate as of 12/10/2024

Times for Tuesday 28 June

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