Prince Regent CrossFit

Newham Leisure Centre

Accurate as of 12/10/2024

Times for Wednesday 29 June

Time	Session	Facility
06:15 - 07:15	CrossFit	Functional Box
07:15 - 08:15	Open Box	Functional Box
11:00 - 12:00	Open Box	Functional Box
15:00 - 16:00	Open Box	Functional Box
16:00 - 17:00	CrossFit Kids (8-12 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