

Prince Regent CrossFit

Newham Leisure Centre

Accurate as of 19/04/2024

Times for Friday 1 July



| Time | Session | Facility |
|---------------|-----------------------|----------------|
| 06:15 - 07:15 | CrossFit | Functional Box |
| 07:15 - 08:15 | Open Box | Functional Box |
| 15:00 - 18:00 | Open Box | Functional Box |
| 18:00 - 19:00 | Gymnastic Development | Functional Box |
| 18:30 - 19:00 | Strength Development | Functional Box |
| 19:00 - 20:00 | CrossFit | Functional Box |