

Prince Regent CrossFit

Newham Leisure Centre

Accurate as of 16/09/2026

Times for Saturday 19 September

Time	Session	Facility
08:30 - 09:30	CrossFit Teens (12-16 years)	Functional Box
09:30 - 10:30	CrossFit	Functional Box
10:30 - 11:30	CrossFit	Functional Box
11:30 - 14:00	Open Box	Functional Box