

Prince Regent CrossFit

Newham Leisure Centre

Accurate as of 16/09/2026

Times for Sunday 20 September			
Time	Session	Facility	
09:30 - 10:30	CrossFit	Functional Box	
10:30 - 11:30	CrossFit	Functional Box	
11:30 - 14:00	Open Box	Functional Box	