## **Prince Regent CrossFit**

## **Newham Leisure Centre**

## Accurate as of 15/05/2024

Times for Monday 13 May		
Time	Session	Facility
06:30 - 07:30	CrossFit	Functional Box
17:30 - 18:30	CrossFit Women's Only	Functional Box
18:30 - 19:30	CrossFit	Functional Box