

# Prince Regent CrossFit

## Newham Leisure Centre

Accurate as of 30/04/2024

### 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