

# Prince Regent CrossFit

## Newham Leisure Centre

Accurate as of 01/05/2024

### Times for Wednesday 15 May



Time	Session	Facility
06:15 - 07:15	CrossFit	Functional Box
15:00 - 16:00	Open Box	Functional Box
18:30 - 19:30	CrossFit	Functional Box
19:30 - 20:30	CrossFit	Functional Box