

Prince Regent CrossFit

Newham Leisure Centre

Accurate as of 20/04/2024

Times for Monday 20 May



Time	Session	Facility
06:30 - 07:30	CrossFit	Functional Box
16:00 - 17:00	CrossFit Kids (8-12 years)	Functional Box
17:30 - 18:30	CrossFit Women's Only	Functional Box
18:30 - 19:30	CrossFit	Functional Box