Prince Regent CrossFit

Newham Leisure Centre

Accurate as of 12/10/2024

Times for Friday 26 July

Time	Session	Facility
06:15 - 07:15	CrossFit	Functional Box
07:15 - 08:15	Open Box	Functional Box
15:00 - 18:00	Open Box	Functional Box
18:00 - 19:00	Gymnastic Development	Functional Box
18:30 - 19:00	Strength Development	Functional Box
19:00 - 20:00	CrossFit	Functional Box