

# Prince Regent CrossFit

## Newham Leisure Centre

Accurate as of 29/04/2024

### Times for Sunday 24 November



| Time          | Session  | Facility       |
|---------------|----------|----------------|
| 09:30 - 10:30 | CrossFit | Functional Box |
| 10:30 - 11:30 | CrossFit | Functional Box |
| 11:30 - 14:00 | Open Box | Functional Box |