

Prince Regent CrossFit

Newham Leisure Centre

Accurate as of 17/05/2025

Times for Saturday 22 February



| Time | Session | Facility |
|---------------|------------------------------|----------------|
| 08:30 - 09:30 | CrossFit Teens (12-16 years) | Functional Box |
| 09:30 - 10:30 | CrossFit | Functional Box |
| 10:30 - 11:30 | CrossFit | Functional Box |
| 11:30 - 14:00 | Open Box | Functional Box |