## **Prince Regent CrossFit**

## **Newham Leisure Centre**

## Accurate as of 04/05/2024

Times for Sunday 23 February		
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