

# Chelmsford Sport & Athletics Centre (CSAC) exercise classes

## Chelmsford Sport & Athletics Centre

Accurate as of 21/05/2024

### Times for Monday 6 May



Time	Session	Facility	Instructor	Type
07:10 - 07:40	ARENA	Gym	Seb Y	HIIT
08:25 - 09:10	Step	Studio 1	Pelin O	Cardio
09:20 - 10:15	Body Pump	Studio 2	Josie K	Strength
09:30 - 10:15	Pilates	Studio 2	Sarah B	Mind/Body
09:30 - 10:15	ARENA	Gym	Gym Team	HIIT
10:00 - 11:00	Forever Fit (50+) - Circuits	Sprint Track	Derek S	Fitness
10:20 - 11:05	Body Combat	Studio 1	Josie K	Cardio
11:10 - 11:55	Stretch and Tone	Studio 2	Derek S	Cardio
13:00 - 14:00	Young At Heart	Studio 2	Carly	Fitness
17:30 - 18:15	Body Pump	Studio 1	Albina W	Strength
18:25 - 19:10	Body Combat	Studio 1	Sheeba S	Cardio
18:25 - 19:10	Pilates	Studio 2	Esra S	Mind/Body
19:00 - 19:55	Circuits	Sports Hall	Pelin O	Cardio
19:15 - 20:00	Sh'Bam	Studio 1	Mysha	Dance/Cardio
19:15 - 20:15	Yin Yoga	Studio 2	Esra S	Mind/Body