

Chelmsford Sport & Athletics Centre (CSAC) exercise classes

Chelmsford Sport & Athletics Centre

Accurate as of 01/07/2024

Times for Friday 28 June



| Time | Session | Facility | Instructor | Type |
|---------------|------------------------------|--------------|------------|-----------|
| 07:15 - 07:45 | ARENA | Gym | Max J | HIIT |
| 09:05 - 09:50 | Body Conditioning | Studio 2 | Albina W | Strength |
| 09:15 - 10:00 | Strength 45* | Studio 1 | Sarah B | Fitness |
| 09:30 - 10:00 | ARENA | Gym | Max J | HIIT |
| 10:00 - 10:45 | Body Balance | Studio 2 | Perdi H | Mind/Body |
| 10:00 - 11:00 | Forever Fit (50+) - Circuits | Sprint Track | Derek S | Fitness |
| 10:10 - 10:55 | HIIT & CORE | Studio 1 | Sarah B | Fitness |
| 11:00 - 11:55 | Yoga | Studio 2 | Laura C | Mind/Body |
| 17:25 - 18:25 | Strength 60 | Studio 2 | Pelin O | Strength |
| 18:20 - 19:05 | Yoga | Studio 2 | Janine | Mind/Body |
| 18:30 - 19:25 | Circuits | Studio 1 | Joe J | Cardio |