

# Chelmsford Sport & Athletics Centre (CSAC) exercise classes

## Chelmsford Sport & Athletics Centre

Accurate as of 19/07/2024

### Times for Tuesday 16 July



Time	Session	Facility	Instructor	Type
07:10 - 07:40	HIIT & CORE	Sprint Track	Seb Y	Fitness
09:00 - 09:45	Body Attack*	Studio 1	Sarah J	Cardio
09:50 - 10:35	Stretch and Tone	Studio 2	Sarah B	Cardio
10:15 - 11:00	Forever Fit (50+) - Dance	Studio 1	Lindsey A	Cardio
11:10 - 11:55	Body Pump	Studio 1	Albina W	Strength
12:00 - 12:55	Pilates	Studio 2	Paula W	Mind/Body
17:30 - 18:15	Group Cycle	Activity Room	Derek S	Cardio
17:30 - 18:15	Sh'Bam	Studio 1	Eleanor P	Dance/Cardio
18:25 - 19:10	Boxercise	Studio 1	Derek S	Cardio
18:25 - 19:25	Yoga	Studio 2	Melissa D	Mind/Body
19:20 - 20:05	Body Step	Studio 1	Josie K	Cardio
20:10 - 21:10	Pilates	Studio 2	Esra S	Mind/Body