

# Chelmsford Sport & Athletics Centre (CSAC) exercise classes

## Chelmsford Sport & Athletics Centre

Accurate as of 19/07/2024

### Times for Thursday 18 July



Time	Session	Facility	Instructor	Type
07:10 - 07:40	ARENA	Gym	Joe J	HIIT
09:05 - 09:50	Body Combat	Studio 1	Sarah B	Cardio
09:05 - 09:50	Group Cycle	Studio 2	Carly	Cardio
10:00 - 11:00	Forever Fit (50+) - Strength	Studio 2	Joe J	Strength
10:00 - 11:00	Strength 60	Studio 1	Sarah B	Strength
11:10 - 11:55	Zumba Gold	Studio 1	Eleanor P	Dance/Cardio
14:00 - 15:00	Young At Heart	Studio 2	Eleanor P	Fitness
17:30 - 18:15	Body Pump	Studio 1	Nikki W	Strength
17:50 - 18:50	Pilates	Studio 2	Paula W	Mind/Body
18:15 - 19:00	Group Cycle	Activity Room	Derek S	Cardio
18:25 - 19:10	Body Combat	Studio 1	Sarah J	Cardio
19:20 - 20:05	LBT	Studio 1	Sarah J	Cardio