

Chelmsford Sport & Athletics Centre (CSAC) exercise classes

Chelmsford Sport & Athletics Centre

Accurate as of 19/07/2024

Times for Friday 19 July



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