

Chelmsford Sport & Athletics Centre (CSAC) exercise classes

Chelmsford Sport & Athletics Centre

Accurate as of 19/07/2024

Times for Saturday 20 July



| Time | Session | Facility | Instructor | Type |
|---------------|------------------|-------------|------------|--------------|
| 08:30 - 09:25 | Circuits | Sports Hall | Pelin O | Cardio |
| 08:45 - 09:30 | Body Pump | Studio 1 | Jo O | Strength |
| 09:30 - 09:55 | Core Stability | Sports Hall | Pelin O | Strength |
| 09:45 - 10:30 | Body Combat | Studio 2 | Sheeba S | Cardio |
| 09:45 - 10:30 | Dance Fit | Studio 1 | Carl | Dance/Cardio |
| 10:40 - 11:25 | Stretch and Tone | Studio 2 | Paula W | Cardio |