

Chelmsford Sport & Athletics Centre (CSAC) exercise classes

Chelmsford Sport & Athletics Centre

Accurate as of 22/07/2024

Times for Sunday 28 July



| Time | Session | Facility | Instructor | Type |
|---------------|-------------|---------------|------------|-----------|
| 09:05 - 09:50 | Group Cycle | Activity Room | Esra S | Cardio |
| 09:05 - 09:50 | Body Combat | Studio 1 | Josie K | Cardio |
| 09:30 - 10:00 | ARENA | Gym | Joe J | HIIT |
| 10:00 - 10:45 | Body Pump | Studio 1 | Josie K | Strength |
| 10:05 - 11:00 | Yoga | Studio 2 | Esra S | Mind/Body |