

Chelmsford Sport & Athletics Centre (CSAC) exercise classes

Chelmsford Sport & Athletics Centre

Accurate as of 23/07/2024

Times for Monday 29 July



| Time | Session | Facility | Instructor | Type |
|---------------|------------------------------|--------------|------------|-----------|
| 07:10 - 07:40 | ARENA | Gym | Seb Y | HIIT |
| 08:25 - 09:10 | Step | Studio 1 | Pelin O | Cardio |
| 09:20 - 10:15 | Body Pump | Studio 2 | Josie K | Strength |
| 09:30 - 10:00 | ARENA | Gym | Max J | HIIT |
| 10:00 - 11:00 | Forever Fit (50+) - Circuits | Sprint Track | Derek S | Fitness |
| 10:00 - 11:00 | Pilates | Studio 2 | Sarah B | Mind/Body |
| 10:20 - 11:05 | Body Combat | Studio 1 | Josie K | Cardio |
| 11:10 - 11:55 | Stretch and Tone | Studio 2 | Derek S | Cardio |
| 13:00 - 14:00 | Young At Heart | Studio 2 | Carly | Fitness |
| 17:30 - 18:15 | Body Pump | Studio 1 | Albina W | Strength |
| 18:25 - 19:10 | Body Combat | Studio 1 | Sheeba S | Cardio |
| 18:25 - 19:10 | Pilates | Studio 2 | Esra S | Mind/Body |
| 19:00 - 19:55 | Circuits | Sports Hall | Pelin O | Cardio |
| 19:15 - 20:15 | Yin Yoga | Studio 2 | Esra S | Mind/Body |