

Chelmsford Sport & Athletics Centre (CSAC) exercise classes

Chelmsford Sport & Athletics Centre

Accurate as of 24/07/2024

Times for Tuesday 30 July



| Time | Session | Facility | Instructor | Type |
|---------------|---------------------------|---------------|------------|--------------|
| 07:10 - 07:40 | HIIT & CORE | Sprint Track | Seb Y | Fitness |
| 09:00 - 09:45 | Body Attack* | Studio 1 | Sarah J | Cardio |
| 09:50 - 10:35 | Stretch and Tone | Studio 2 | Sarah B | Cardio |
| 10:15 - 11:00 | Forever Fit (50+) - Dance | Studio 1 | Lindsey A | Cardio |
| 11:10 - 11:55 | Body Pump | Studio 1 | Albina W | Strength |
| 12:00 - 12:55 | Pilates | Studio 2 | Paula W | Mind/Body |
| 17:30 - 18:15 | Group Cycle | Activity Room | Derek S | Cardio |
| 17:30 - 18:15 | Sh'Bam | Studio 1 | Eleanor P | Dance/Cardio |
| 18:25 - 19:10 | Boxercise | Studio 1 | Derek S | Cardio |
| 18:25 - 19:25 | Yoga | Studio 2 | Melissa D | Mind/Body |
| 19:20 - 20:05 | Body Step | Studio 1 | Josie K | Cardio |
| 20:10 - 21:10 | Pilates | Studio 2 | Esra S | Mind/Body |