

# Chelmsford Sport & Athletics Centre (CSAC) exercise classes

## Chelmsford Sport & Athletics Centre

Accurate as of 29/07/2024

### Times for Sunday 4 August



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