

# Chelmsford Sport & Athletics Centre (CSAC) exercise classes

## Chelmsford Sport & Athletics Centre

Accurate as of 18/08/2024

### Times for Saturday 24 August



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