

# Chelmsford Sport & Athletics Centre (CSAC) exercise classes

## Chelmsford Sport & Athletics Centre

Accurate as of 28/10/2024

### Times for Wednesday 30 October



Time	Session	Facility	Instructor	Type
09:05 - 09:50	Group Cycle	Studio 2	Pelin O	Cardio
09:15 - 10:00	LBT	Studio 1	Sarah B	Cardio
09:30 - 10:00	ARENA	Gym	Joe J	HIIT
10:00 - 11:00	Forever Fit (50+) - Circuits	Sprint Track	Pelin O	Fitness
10:05 - 11:05	Body Balance	Studio 2	Sarah B	Mind/Body
10:10 - 10:55	Body Pump	Studio 1	Sarah J	Strength
11:10 - 11:55	Stretch and Tone	Studio 2	Pelin O	Cardio
17:30 - 18:00	ARENA	Gym	Max J	HIIT
18:00 - 19:00	Body Pump	Studio 1	Albina W	Strength
18:25 - 19:25	Pilates	Studio 2	Paula W	Mind/Body
19:05 - 19:50	Group Cycle	Activity Room	Albina W	Cardio
19:15 - 20:00	Body Combat	Studio 1	Sarah J	Cardio