

Chelmsford Sport & Athletics Centre (CSAC) exercise classes

Chelmsford Sport & Athletics Centre

Accurate as of 29/03/2023

Times for Friday 3 February



Time	Session	Facility	Instructor	Type
08:30 - 09:15	Boxercise	Studio 2	Derek S	Cardio
09:20 - 10:05	Group Cycle	Studio 1	Derek S	Cardio
09:20 - 10:05	Sh'Bam	Studio 2	Perdi H	Dance/Cardio
10:05 - 11:00	Forever Fit (50+) - Circuits	Sprint Track	Derek S	Fitness
10:10 - 11:05	Body Conditioning	Studio 2	Sarah B	Strength
11:10 - 11:55	Yoga	Studio 2	Laura C	Mind/Body
17:25 - 18:10	Strength 45*	Studio 2	Pelin O	Fitness
18:15 - 19:00	Group Cycle	Studio 1	Pelin O	Cardio