

Chelmsford Sport & Athletics Centre

(CSAC) exercise classes

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Accurate as of 12/05/2025

Times for Saturday 4 February				
Time	Session	Facility	Instructor	Type
08:45 - 09:30	Body Pump*	Studio 1	Jo O	Strength
10:40 - 11:25	Stretch and Tone	Studio 2	Paula W	Cardio