

Chelmsford Sport & Athletics Centre

(CSAC) exercise classes

Chelmsford Sport & Athletics Centre

Accurate as of 26/04/2024

Times for Saturday 4 February				
Time	Session	Facility	Instructor	Type
08:30 - 09:15	Body Pump	Studio 1	Jo O	Strength
08:30 - 09:25	Circuits	Sports Hall	Pelin O	Cardio
10:40 - 11:25	Stretch and Tone	Studio 2	Paula W	Cardio