

Chelmsford Sport & Athletics Centre

(CSAC) exercise classes

Chelmsford Sport & Athletics Centre

Accurate as of 09/05/2025

Times for Friday 10 February				
Time	Session	Facility	Instructor	Type
09:05 - 09:50	Body Conditioning	Studio 2	Albina W	Strength
09:15 - 10:00	Strength 45*	Studio 1	Sarah B	Fitness
10:00 - 11:00	Forever Fit (50+) - Circuits	Sprint Track	Derek S	Fitness
10:10 - 10:55	HIIT & CORE	Studio 1	Sarah B	Fitness
11:00 - 11:55	Yoga	Studio 2	Laura C	Mind/Body
17:25 - 18:25	Strength 60	Studio 2	Pelin O	Strength