

Chelmsford Sport & Athletics Centre (CSAC) exercise classes

Chelmsford Sport & Athletics Centre

Accurate as of 19/04/2024

Times for Sunday 12 February



Time	Session	Facility	Instructor	Type
09:05 - 09:50	Group Cycle	Activity Room	Esra S	Cardio
10:00 - 11:00	Yoga	Studio 2	Esra S	Mind/Body