

# Chelmsford Sport & Athletics Centre (CSAC) exercise classes

## Chelmsford Sport & Athletics Centre

Accurate as of 03/05/2024

### Times for Monday 27 March



Time	Session	Facility	Instructor	Type
09:20 - 10:15	Body Pump	Studio 2	Josie K	Strength
10:00 - 11:00	Forever Fit (50+) - Circuits	Sprint Track	Derek S	Fitness
10:20 - 11:05	Body Combat	Studio 1	Josie K	Cardio
11:10 - 11:55	Stretch and Tone	Studio 2	Derek S	Cardio
17:30 - 18:15	Body Pump	Studio 1	Albina W	Strength
19:00 - 19:55	Circuits	Sports Hall	Pelin O	Cardio
19:15 - 20:15	Yin Yoga	Studio 2	Esra S	Mind/Body