

Chelmsford Sport & Athletics Centre

(CSAC) exercise classes

Chelmsford Sport & Athletics Centre

Accurate as of 13/05/2025

| Times for Saturday 1 April | | | | |
|----------------------------|------------------|----------|------------|----------|
| 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 |