

Chelmsford Sport & Athletics Centre

(CSAC) exercise classes

Chelmsford Sport & Athletics Centre

Accurate as of 13/05/2025

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