

Chelmsford Sport & Athletics Centre (CSAC) exercise classes

Chelmsford Sport & Athletics Centre

Accurate as of 03/05/2024

Times for Sunday 21 April



Time	Session	Facility	Instructor	Type
09:05 - 09:50	Group Cycle	Activity Room	Esra S	Cardio
09:05 - 09:50	Body Combat	Studio 1	Josie K	Cardio
09:10 - 09:55	Sh'Bam	Studio 2	Mysha	Dance/Cardio
09:30 - 10:30	ARENA	Gym	Joe J	HIIT
10:00 - 10:45	Body Pump	Studio 1	Josie K	Strength
10:00 - 11:00	Yoga	Studio 2	Esra S	Mind/Body