

# Chelmsford Sport & Athletics Centre (CSAC) exercise classes

## Chelmsford Sport & Athletics Centre

Accurate as of 03/05/2024

### Times for Wednesday 24 April



Time	Session	Facility	Instructor	Type
07:05 - 07:50	Group Cycle	Activity Room	Carly	Cardio
09:00 - 09:45	LBT	Studio 1	Sarah B	Cardio
09:30 - 10:15	ARENA	Gym	Joe J	HIIT
09:55 - 10:40	Body Balance	Studio 2	Sarah B	Mind/Body
10:00 - 10:45	Body Pump	Studio 1	Sarah J	Strength
10:00 - 11:00	Forever Fit (50+) - Circuits	Sprint Track	Pelin O	Fitness
11:10 - 11:55	Stretch and Tone	Studio 2	Pelin O	Cardio
11:10 - 11:55	Body Step	Studio 1	Josie K	Cardio
17:30 - 18:15	HIIT & CORE	Studio 2	Seb Y	Fitness
18:00 - 19:00	Body Pump	Studio 1	Albina W	Strength
18:25 - 19:10	Group Cycle	Activity Room	Seb Y	Cardio
18:25 - 19:25	Pilates	Studio 2	Paula W	Mind/Body
19:15 - 20:00	Body Combat	Studio 1	Sarah J	Cardio