

# Chelmsford Sport & Athletics Centre (CSAC) exercise classes

## Chelmsford Sport & Athletics Centre

Accurate as of 03/05/2024

### Times for Friday 26 April



Time	Session	Facility	Instructor	Type
07:05 - 07:50	Group Cycle	Activity Room	Derek S	Cardio
08:10 - 08:55	Boxercise	Studio 1	Derek S	Cardio
09:05 - 09:50	Sh'Bam	Studio 2	Perdi H	Dance/Cardio
09:30 - 10:15	ARENA	Gym	Gym Team	HIIT
10:00 - 10:45	Body Balance	Studio 2	Perdi H	Mind/Body
10:00 - 11:00	Forever Fit (50+) - Circuits	Sprint Track	Derek S	Fitness
10:10 - 10:55	HIIT & CORE	Studio 1	Sarah B	Fitness
11:00 - 11:55	Yoga	Studio 2	Laura C	Mind/Body
17:30 - 18:15	Strength 45*	Studio 2	Pelin O	Fitness
18:15 - 19:00	Group Cycle	Activity Room	Pelin O	Cardio
18:20 - 19:05	Yoga	Studio 2	Janine	Mind/Body