



# French Road Class Schedule

## Effective February 26, 2025

### AFTERNOON CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30 PM <b>BODYPUMP</b> Kelly	4:30 PM <b>fitLAB</b> Wendy S	4:30PM <b>BODYPUMP</b> Jim				
5:30-6:00 PM <b>LM CORE</b> Kelly	4:30 PM <b>CATALYST HIIT</b> Jenn C					
5:30 PM <b>fitLAB</b> Christine G	5:00 PM <b>BODYCOMBAT</b> Amy G/Lisa F	5:30 PM <b>LesMills CORE</b> Lisa F	5:30 PM <b>fitLAB</b> Andrea			
	5:45 PM <b>BODYPUMP</b> Jason		5:45 PM <b>BODYPUMP</b> Amy G	5:45 PM <b>BODYCOMBAT</b> Jim		
	6:00 PM <b>RPM</b> Alex	6:15 PM <b>HCBCS</b> Beth				
6:05 PM <b>BODYATTACK</b> Jenn B						
7:15 PM <b>ZUMBA</b> JR	7:00 PM <b>BODYBALANCE</b> Alex	7:15 PM <b>ZUMBA</b> Arianna	7:00 PM <b>ZUMBA</b> Melissa			

Please bring your own exercise mat.

Please arrive 10 minutes prior to class start time for club check in, equipment setup, sanitizing and safety check.

Group Fitness Manager - Ellen Coleman - [ecoleman@catalystfitnessbuffalo.com](mailto:ecoleman@catalystfitnessbuffalo.com)



# French Road Class Schedule

Effective: February 26, 2025

## MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM <b>BODYPUMP</b> Alex		5:30 AM <b>CATALYST CYCLE</b> Mariely		530 AM <b>CYCLING 30</b> Alex	7:15 AM <b>BODYPUMP</b> Natalie	
	6:00 AM <b>fitLAB</b> Christine G	6:00 AM <b>fitLAB</b> Andrea	6:00 AM <b>fitLAB</b> Alex	605 AM <b>LesMills CORE</b> Alex	8:00 AM <b>fitLAB</b> Olivia	8:00 AM <b>CATALYST CYCLE</b> Mariely
8:15 AM <b>BODYBALANCE</b> Alex		8 - 8:45AM <b>CATALYST SHRED</b> Rebekah	8 AM <b>LM CORE</b> Alex	8:15 AM <b>BODYBALANCE</b> Kara	8:30 AM <b>BODYCOMBAT</b> Lisa T	8:00 AM <b>BODYPUMP EXP</b> Tabatha
	8:15 AM <b>BODYBALANCE</b> Alex		8:30 AM <b>BODYCOMBAT</b> Alex		8:30 AM <b>BARRE</b> MaryAnn	
9:00 AM <b>fitLAB</b> Wendy	9:00 AM <b>CATALYST CYCLE</b> Wendy	9:00 AM <b>BODYBALANCE</b> Jen M		9:00 AM <b>fitLAB</b> Wendy		9:00 AM <b>BODYATTACK</b> Natalie
9:15 AM <b>BODYPUMP</b> Jen B		9:00 AM <b>fitLAB</b> Alex		9:15 AM <b>BODYPUMP</b> Kara	9:15 AM <b>RPM</b> Alex	9:00 AM <b>fitLAB</b> Alex
	9:15 AM <b>CATALYST SHRED</b> Kelly		9:30 AM <b>SHRED/IGNITE</b> Wendy		9:30 - 10 AM <b>LESMILLS CORE</b> Lisa T	
					10:15 AM <b>BODYBALANCE</b> Alex	10:15 AM <b>ZUMBA</b> Alex
10:30 AM <b>Silversneakers Classic</b> Rebekah	10:30 AM <b>Silversneakers Yoga</b> Maryann	10:30 AM <b>Silversneakers Classic</b> Maryann	10:30 AM <b>Silversneakers Classic</b> Rebekah	10:30 AM <b>Silversneakers Classic</b> Maryann		

"If you fell down yesterday, stand up today."