



French Road Class Schedule

Effective July 22, 2024

AFTERNOON CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30 PM BODYPUMP Kelly	4:30 PM fitLAB Wendy S	4:30 - 5:30 PM BODYPUMP Jim				
5:30-6:00 PM LM CORE Kelly	4:30 PM CATALYST HIIT Jenn C					
	5:00 PM BODYCOMBAT Amy G/Lisa F	5:30 - 6:00 PM LesMills CORE Lisa F	5:30 PM fitLAB Andrea			
	5:45 PM BODYPUMP Jason		5:45 PM BODYPUMP Amy G	5:45 PM BODYCOMBAT Jim		
	6:00 PM RPM Kara	6:00 PM HIIT CYCLING Wendy S				
6:05 PM BODYATTACK Jenn B		6:05 PM BODYATTACK Lisa T				
		6:35 PM CATALYST SHRED Wendy S				
7:15 PM ZUMBA Alex	7:00 PM BODYBALANCE Kara	7:15 PM ZUMBA Arianna	7:00 PM ZUMBA 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.

General Manager - Alex Cole - acole@catalystfitnessbuffalo.com

Group Fitness Manager - Ellen Coleman - ecoleman@catalystfitnessbuffalo.com



French Road Class Schedule

Effective: July 22, 2024

MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM BODYPUMP EXP Kara		5:30 AM CATALYST CYCLE Mariely		5:30 AM CYCLING 30 Kara	7:15 AM BODYPUMP Natalie	
	6:00 AM fitLAB Alex		6:00 AM fitLAB Alex	6:05 AM LesMills CORE Kara	8:00 AM fitLAB Olivia	8:00 AM CATALYST CYCLE Tiffany
8:15 AM BODYBALANCE Alex		8 - 8:45AM CATALYST SHRED Rebekah	8 AM LM CORE Alex	8:15 AM BODYBALANCE Kara	8:30 AM BODYCOMBAT Lisa T	8:00 AM BODYPUMP EXP Tabatha
	8:15 AM BODYBALANCE Joanna		8:30 AM BODYCOMBAT Alex		8:30 AM BARRE MaryAnn	
9:00 AM fitLAB Wendy	9:00 AM CATALYST CYCLE Wendy	9:00 AM BODYBALANCE Jen M		9:00 AM fitLAB Wendy		9:00 AM BODYATTACK Natalie
9:15 AM BODYPUMP Jen B		9:00 AM fitLAB Christine G		9:15 AM BODYPUMP Alex	9:15 AM RPM Alex	9:00 AM fitLAB Alex
	9:15 AM CATALYST SHRED Kelly		9:30 AM SHRED/IGNITE Wendy		9:30 - 10 AM LES MILLS CORE Lisa T	
					10:15 AM BODYBALANCE Alex	10:15 AM ZUMBA Alex
10:30 AM Silversneakers Classic Rebekah	10:30 AM Silversneakers Yoga Maryann	10:30 AM Silversneakers Classic Maryann	10:30 AM Silversneakers Classic Rebekah	10:30 AM Silversneakers Classic Maryann		

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