



Wehrle Class Schedule

Effective: January 13, 2025

AFTERNOON CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	4:15 PM HCBCS Antoinette					
5:00PM BODYCOMBAT EXPRESS Janelle			5:00 PM BODYPUMP Kristen			
		5:30 PM ZUMBA Diane				
	5:30 PM CATALYST CYCLE Amy	5:30PM CATALYST CYCLE Laurie				
6:00 PM BODYPUMP EXPRESS Jason	5:30PM ZUMBA Arianna	6:30PM BODYPUMP Tabatha				
7:00PM ZUMBA Ally						

Group Fitness Manager - Ellen Coleman ecoleman@catalystfitnessbuffalo.com



Wehrle Dr Class Schedule

Effective: January 13, 2025

MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM BODYPUMP Sarah	5:45 AM CATALYST CYCLE Christine	5:30 AM BODYPUMP Christine	5:45 AM CATALYST CYCLE Amy	5:30 AM BODYPUMP Christine		
				6 AM LESMILLS CORE Christine	8:00 AM CATALYST CYCLE Laurie	
	8:30 AM CATALYST CYCLE Christine		8:30 AM CATALYST CYCLE Christine		8:00 AM BODYPUMP Kristen	8:00 AM YINYASA POWER YOGA Denise
9:00 AM BODYPUMP Christine		9:00 AM BODYPUMP Joanna	9:00 AM ZUMBA Olivia	9:00 AM ZUMBA Kelly L	9:15 AM CATALYST SHRED Antoinette	9:00AM BODYCOMBAT Janelle
					10:30 AM ZUMBA Arianna	
10:35 AM SILVER SNEAKERS Maryann	10:00 AM ZUMBA Kelly L	10:15 AM YOGA Carolyn	10:30 AM HOPE CHEST BCS Mary Ann	10:30 AM HOPE CHEST BCS Linda		10:00 AM POWER BODY Jessica
						11:00 AM ZUMBA Jessica

"ALL THINGS ARE DIFFICULT BEFORE THEY ARE EASY"