



# Wehrle Class Schedule

Effective: November 18, 2024

## 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	6:15PM ZUMBA Julie			
7:00PM ZUMBA Ally						

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

General Manager - Mark Ralyea [mralyea@catalystfitnessbuffalo.com](mailto:mralyea@catalystfitnessbuffalo.com)



**MORNING CLASSES**

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

"ALL THINGS ARE DIFFICULT BEFORE THEY ARE EASY"