



Wehrle Dr Class Schedule Effective: July 14, 2024

AFTERNOON CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	3:15 PM HCBCS Antoinette					
5:00PM BODYCOMBAT EXPRESS Janelle			5:00 PM BODYPUMP Kristen			
		5:00 PM ZUMBA Diane				
	5:30 PM CATALYST CYCLE Amy					
6:00 PM BODYPUMP EXPRESS Jason	5:30PM ZUMBA Arianna	6:00PM BODYPUMP Christine				
7:00PM ZUMBA Ally						

Group Fitness Manager - Ellen Coleman ecoleman@catalystfitnessbuffalo.com

General Manager - Mark Ralyea mralyea@catalystfitnessbuffalo.com



Wehrle Dr Class Schedule

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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 Mariely	
	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 Julie	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	10:15 AM YOGA Carolyn	10:30 AM HOPE CHEST BCS Mary Ann	10:15 AM HOPE CHEST BCS Linda		10:00 AM POWER BODY Jessica
						11:00 AM ZUMBA Jessica

"ALL THINGS ARE DIFFICULT BEFORE THEY ARE EASY"