



# Maple Class Schedule

## Effective: January 20, 2025

### AFTERNOON CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30 PM <b>fitLAB</b> Arissa		4:30 PM <b>fitLAB</b> Rhonda	4:30 PM <b>CATALYST CYCLE</b> Sarah			
4:30 PM <b>BODYPUMP</b> Danielle	4:45 PM <b>CATALYST SHRED</b> Bridget	4:45 PM <b>SHRED/IGNITE</b> Traci	4:30 PM <b>BODYPUMP</b> Danielle			
5:30 PM <b>BODYCOMBAT</b> Kristen	5:30 PM <b>fitLAB</b> Shannon	5:30 PM <b>CATALYST CYCLE</b> Ellen		5:00 PM <b>BODYPUMP</b> Sarah		
5:30 PM <b>fitLAB</b> Arissa	5:30 PM <b>SHRED/IGNITE</b> Ellen	5:30 PM <b>BODYCOMBAT</b> Carly	5:30 PM <b>fitLAB</b> Melissa			
5:30 PM <b>VINYASA POWER YOGA</b> Casey	5:30 PM <b>CATALYST CYCLE</b> Sarah		5:30 PM <b>PILATES &amp; SHRED</b> Ellen			
	5:45 PM <b>CATALYST BARRE FUSION</b> Michelle		5:30 PM <b>BODYBALANCE</b> Lindsay			
6:30 PM <b>HCBBS</b> Dawn		6:00 PM <b>fitLAB</b> Adrienne		6:00 PM <b>ZUMBA</b> Marina		
	6:30 PM <b>ZUMBA</b> Mary	6:30 PM <b>BODYPUMP</b> Amy G	6:30 PM <b>ZUMBA</b> Mary			
7:30 PM <b>ZUMBA</b> Jess		7:30 PM <b>ZUMBA</b> Jess				

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

General Manager - Jen - [jtrees@catalystfitnessbuffalo.com](mailto:jtrees@catalystfitnessbuffalo.com)



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### MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM CATALYST CYCLE Nicole	5:45 AM HCBCS Dawn	6 AM CATALYST SHRED Brandi	5:45 AM CATALYST CYCLE Brandi	6 AM CATALYST SHRED Brandi	7:30 AM CATALYST CYCLE Cathy	8 AM BODYPUMP Lindsay
8 AM SHRED/IGNITE Holly	6:00 AM CATALYST CYCLE Greg		5:45 AM HCBCS Dawn		8 AM HOPE CHEST Dawn	8:30 AM CATALYST CYCLE Ellen
8 AM CATALYST PILATES Ellen	8 AM SHRED/IGNITE Ellen	8 AM CATALYST SHRED Ellen	8 AM SHRED/IGNITE Ellen	8 AM PIYO Monica	8:30 AM fitLAB Marie	8:30 AM CATALYST PILATES Sandy
8:30 AM CATALYST CYCLE Cathy		9 AM fitLAB Chris	8 AM CATALYST CYCLE Nicole	9 AM CATALYST YOGA Casey C	9:15 AM THROWDOWN Ellen	
9 AM fitLAB Chris	9 AM SHRED/IGNITE Ellen	9 AM THROW/SHRED Ellen	9 AM CATALYST YOGA Carolyn	9 AM fitLAB Chris	9:15 AM CATALYST CYCLE Krissy	9:15 AM BODYCOMBAT Carly
9 AM THROW/SHRED Ellen	9 AM CATALYST YOGA Carolyn	9 AM CATALYST PILATES Monica	9 AM SHRED/IGNITE Ellen	9 AM CORE/CAMP Ellen	9:30 AM CATALYST PIYO Traci	9:30 AM fitLAB Rhonda
9 AM CATALYST PILATES Monica	9:30 AM CATALYST CYCLE Stacia		10:15 AM CATALYST YOGA Casey C	10-10:45 AM PILATES & SHRED Ellen	10:00 AM fitLAB Marie	9:30 AM CATALYST BARRE Ellen
10 AM CATALYST PILATES Tina	10 AM CATALYST SHRED Nicole	10:05-10:35 AM CATALYST PILATES Ellen	10:15 AM SILVER SNEAKERS Kelly		10:15 AM CATALYST SHRED Ellen	9:30 AM CATALYST CYCLE Adrienne
10:15 AM RAW CUTS Robbie	10:15 AM CATALYST YOGA Carolyn	10:15 AM RAW CUTS Robbie		11 AM RAW CUTS Robbie	10:45 AM CATALYST BARRE FUSION Michelle	10:15 AM ZUMBA Holly
11:15 AM RAW Truth Yoga Robbie		11:15 AM RAW Truth Yoga Robbie			11:15 AM ZUMBA Mary	10:45 AM CATALYST YOGA Paige

IF YOU FELL DOWN YESTERDAY, STAND UP TODAY