



Maple Class Schedule

Effective: November 23, 2024

AFTERNOON CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30 PM fitLAB Arissa		4:30 PM fitLAB Rhonda	4:30 PM CATALYST CYCLE Sarah		12:30 PM RAW CUTS Robbie	
4:30 PM BODYPUMP Danielle	4:45 PM CATALYST SHRED Bridget	4:45 PM SHRED/IGNITE Traci	4:30 PM BODYPUMP Danielle			
5:30 PM BODYCOMBAT Linda	5:30 PM fitLAB Shannon	5:30 PM CATALYST CYCLE Ellen		5:00 PM BODYPUMP Sarah		
5:30 PM fitLAB Arissa	5:30 PM SHRED/IGNITE Ellen	5:30 PM BODYCOMBAT Amy G	5:30 PM fitLAB Melissa			
5:30 PM VINYASA POWER YOGA Casey	5:30 PM CATALYST CYCLE Sarah		5:30 PM PILATES & SHRED Ellen			
	5:45 PM CATALYST BARRE FUSION Michelle		5:30 PM BODYBALANCE Lindsay			
6:30 PM HBCS Dawn		6:00 PM fitLAB Adrienne		6:00 PM ZUMBA Marina		
	6:30 PM ZUMBA Mary	6:30 PM BODYPUMP Amy G	6:30 PM ZUMBA Mary			
7:30 PM ZUMBA Jess		7:30 PM ZUMBA Jess				

Group Fitness Manager - Ellen - ecoleman@catalystfitnessbuffalo.com

General Manager - Jen - jtrees@catalystfitnessbuffalo.com



Maple Class Schedule

Effective: November 23, 2024

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 Linda
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 BARRE Charity	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			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