French Road Class Schedule

Effective November 2nd, 2026

AFTERNOON CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30 PM **BODYPUMP** Kelly	4:30 PM **fitLAB** Wendy S	4:30PM **BODYPUMP** Jim				
5:30-6:00 PM **LM CORE** Kelly		5:30 PM **LesMills CORE** Lisa F				
	5:45 PM **BODYPUMP** Amy		5:45 PM **BODYPUMP** Amy G	5:45 PM **BODYCOMBAT** Jim		
6:05 PM **BODYATTACK** Lisa T	6 PM **CATALYST CYCLING** Kelly C	6:15 PM **HCBCS** Beth				
	7:00 PM **BODYBALANCE** Alex	7:15 PM **ZUMBA** Arianna	7:00 PM **ZUMBA** Kelly			

Please bring your own exercise mat.

Please arrive 10 minutes prior to class start time for club check in, equipment setup, sanitizing and safety check.

Group Fitness Manager - Ellen Coleman - ecoleman@catalystfitnessbuffalo.com

French Road Class Schedule

Effective: **November 2nd, 2026**

MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:30 AM **CATALYST CYCLE** Mariely		530 AM **CYCLING 30** Alex	7:15 AM **BODYPUMP** Natalie	
	6:00 AM **fitLAB** Kelly			605 AM **LesMills CORE** Alex	8 AM **fitLAB** Alex	8:00 AM **CATALYST CYCLE** Mariely
8:15 AM **BODYBALANCE** Christine M		8 - 8:45AM **CATALYST SHRED** Rebekah		8:15 AM **PILATES** Alex	8:30 AM **BODYCOMBAT** Lisa T	
	8:15 AM **BODYBALANCE** Alex		8:30 AM **BODYCOMBAT** Alex		8:30 AM **BARRE** MaryAnn	8:00 AM **BARRE FUSION** Alex
9:00 AM **fitLAB** Wendy	9:00 AM **CATALYST CYCLE** Wendy	9:00 AM **BODYBALANCE** Jen M		9:00 AM **fitLAB** Wendy		9:00 AM **BODYATTACK** Natalie
9:15 AM **BODYPUMP** Jen B		9:00 AM **fitLAB** Wendy			9:15 AM **RPM** Alex	
	9:15 AM **CATALYST SHRED** Alex		9:30 AM **BARRE FUSION** Alex	9:15 AM **BODYPUMP** Alex	9:30 - 10 AM **LESMILLS CORE** Lisa T	
					10:15 AM **BODYBALANCE** Alex	10:15 AM **ZUMBA** Alex
10:30-11:15 AM **Silver Circuit** Rebekah	10:30 AM **Silver Yoga** Maryann	10:30 AM **Silver Circuit** Maryann	10:30-11:15 AM **Silver Circuit** Rebekah	10:30 AM **Silver Circuit** Maryann	11:15 AM **BARRE FUSION** Alex	

"If you fell down yesterday, stand up today."