



# French Road Class Schedule

## Effective March 2, 2026

### AFTERNOON CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30 PM <b>BODYPUMP</b> Kelly	4:30 PM <b>fitLAB</b> Wendy S	4:30PM <b>BODYPUMP</b> Jim				
5:30-6:00 PM <b>LM CORE</b> Kelly		5:30 PM <b>LesMills CORE</b> Lisa F				
	5:45 PM <b>BODYPUMP</b> Amy		5:45 PM <b>BODYPUMP</b> Amy G	5:45 PM <b>BODYCOMBAT</b> Jim		
6:05 PM <b>BODYATTACK</b> Lisa T	6:00 PM <b>RPM</b> Alex	6:15 PM <b>HCBCS</b> Beth				
7:15 PM <b>DANCE PARTY</b> Jen C	7:00 PM <b>BODYBALANCE</b> Alex	7:15 PM <b>ZUMBA</b> Arianna	7:00 PM <b>ZUMBA</b> Melissa			

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](mailto:ecoleman@catalystfitnessbuffalo.com)



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## 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 Christine G		6:00 AM fitLAB Alex	605 AM LesMills CORE Alex	8:00 AM fitLAB Alex	8:00 AM CATALYST CYCLE Mariely
8:15 AM BODYBALANCE Alex		8 - 8:45AM CATALYST SHRED Rebekah	8 AM LM CORE Alex	8:15 AM BODYBALANCE Kara	8:30 AM BODYCOMBAT Lisa T	8:00 AM BODYPUMP EXP Tabatha
	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 Alex		9:15 AM BODYPUMP Kara	9:15 AM RPM Alex	9:00 AM fitLAB Alex
	9:15 AM CATALYST SHRED Alex		9:30 AM BARRE FUSION Alex		9:30 - 10 AM LESMILLS CORE Lisa T	
					10:15 AM BODYBALANCE Alex	10:15 AM ZUMBA Alex
10:30 AM Silver Circuit Rebekah	10:30 AM Silver Yoga Maryann	10:30 AM Silver Circuit Maryann	10:30 AM Silver Circuit Rebekah	10:30 AM Silver Circuit Maryann		

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