



French Road Class Schedule

Effective July 10th, 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 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



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MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM CATALYST CYCLE Missy		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 MIND & MUSCLE Soleil	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 CATALYST SHRED Soleil	9:15 AM RPM 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
10:30-11:15 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."