

### AFTERNOON CLASSES

| Monday                                  | Tuesday                               | Wednesday                                 | Thursday                            | Friday                              | Saturday | Sunday |
|-----------------------------------------|---------------------------------------|-------------------------------------------|-------------------------------------|-------------------------------------|----------|--------|
| 4:30 PM<br><b>BODYPUMP</b><br>Kelly     | 4:30 PM<br><b>fitLAB</b><br>Wendy S   | 4:30PM<br><b>BODYPUMP</b><br>Jim          |                                     |                                     |          |        |
|                                         |                                       |                                           |                                     |                                     |          |        |
| 5:30-6:00 PM<br><b>LM CORE</b><br>Kelly |                                       | 5:30 PM<br><b>LesMills CORE</b><br>Lisa F |                                     |                                     |          |        |
|                                         | 5:45 PM<br><b>BODYPUMP</b><br>Jason   |                                           | 5:45 PM<br><b>BODYPUMP</b><br>Amy G | 5:45 PM<br><b>BODYCOMBAT</b><br>Jim |          |        |
| 6:05 PM<br><b>BODYATTACK</b><br>Lisa T  | 6:00 PM<br><b>RPM</b><br>Alex         | 6:15 PM<br><b>HCBBS</b><br>Beth           |                                     |                                     |          |        |
|                                         |                                       |                                           |                                     |                                     |          |        |
|                                         |                                       |                                           |                                     |                                     |          |        |
| 7:15 PM<br><b>ZUMBA</b><br>Diane        | 7:00 PM<br><b>BODYBALANCE</b><br>Alex | 7:15 PM<br><b>ZUMBA</b><br>Arianna        | 7:00 PM<br><b>ZUMBA</b><br>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)



# French Road Class Schedule

Effective: September 22, 2025

## MORNING CLASSES

| Monday                                               | Tuesday                                           | Wednesday                                            | Thursday                                             | Friday                                               | Saturday                                       | Sunday                                      |
|------------------------------------------------------|---------------------------------------------------|------------------------------------------------------|------------------------------------------------------|------------------------------------------------------|------------------------------------------------|---------------------------------------------|
|                                                      |                                                   | 5:30 AM<br><b>CATALYST CYCLE</b><br>Mariely          |                                                      | 530 AM<br><b>CYCLING 30</b><br>Alex                  | 7:15 AM<br><b>BODYPUMP</b><br>Natalie          |                                             |
|                                                      | 6:00 AM<br><b>fitLAB</b><br>Christine G           | 6:00 AM<br><b>fitLAB</b><br>Andrea                   | 6:00 AM<br><b>fitLAB</b><br>Alex                     | 605 AM<br><b>LesMills CORE</b><br>Alex               | 8:00 AM<br><b>fitLAB</b><br>Alex               | 8:00 AM<br><b>CATALYST CYCLE</b><br>Mariely |
| 8:15 AM<br><b>BODYBALANCE</b><br>Alex                |                                                   | 8 - 8:45AM<br><b>CATALYST SHRED</b><br>Rebekah       | 8 AM<br><b>LM CORE</b><br>Alex                       | 8:15 AM<br><b>BODYBALANCE</b><br>Kara                | 8:30 AM<br><b>BODYCOMBAT</b><br>Lisa T         | 8:00 AM<br><b>BODYPUMP EXP</b><br>Tabatha   |
|                                                      | 8:15 AM<br><b>BODYBALANCE</b><br>Alex             |                                                      | 8:30 AM<br><b>BODYCOMBAT</b><br>Alex                 |                                                      | 8:30 AM<br><b>BARRE</b><br>MaryAnn             | 8:00 AM<br><b>BARRE FUSION</b><br>Alex      |
| 9:00 AM<br><b>fitLAB</b><br>Wendy                    | 9:00 AM<br><b>CATALYST CYCLE</b><br>Wendy         | 9:00 AM<br><b>BODYBALANCE</b><br>Jen M               |                                                      | 9:00 AM<br><b>fitLAB</b><br>Wendy                    |                                                | 9:00 AM<br><b>BODYATTACK</b><br>Natalie     |
| 9:15 AM<br><b>BODYPUMP</b><br>Jen B                  |                                                   | 9:00 AM<br><b>fitLAB</b><br>Alex                     |                                                      | 9:15 AM<br><b>BODYPUMP</b><br>Kara                   | 9:15 AM<br><b>RPM</b><br>Alex                  | 9:00 AM<br><b>fitLAB</b><br>Alex            |
|                                                      | 9:15 AM<br><b>CATALYST SHRED</b><br>Alex          |                                                      | 9:30 AM<br><b>BARRE FUSION</b><br>Alex               |                                                      | 9:30 - 10 AM<br><b>LESMILLS CORE</b><br>Lisa T |                                             |
|                                                      |                                                   |                                                      |                                                      |                                                      | 10:15 AM<br><b>BODYBALANCE</b><br>Alex         | 10:15 AM<br><b>ZUMBA</b><br>Alex            |
| 10:30 AM<br><b>Silversneakers Classic</b><br>Rebekah | 10:30 AM<br><b>Silversneakers Yoga</b><br>Maryann | 10:30 AM<br><b>Silversneakers Classic</b><br>Maryann | 10:30 AM<br><b>Silversneakers Classic</b><br>Rebekah | 10:30 AM<br><b>Silversneakers Classic</b><br>Maryann |                                                |                                             |

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