



Transit Class Schedule

Effective: October 9th, 2025

AFTERNOON CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:00 PM SHRED/IGNITE Maryanne				
5:30 PM CATALYST SHRED Mary K		6:00 PM Stretch & Strength Mary K	6:00 PM RIDE & RESTORE Roslyn			

Group Fitness Manager - Ellen Coleman ecoleman@catalystfitnessbuffalo.com

Club Manager - Caleb Arena carena@catalystfitnessbuffalo.com



Catalyst
FITNESS

Transit Class Schedule Effective: October 9th, 2025

MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM *TEAM TRAINING STRENGTH Matt			6:00 AM *TEAM TRAINING STRENGTH Matt			
						8:30 AM ZUMBA Mary
		9 :00AM *TEAM TRAINING STRENGTH Matt		9:00 AM *TEAM TRAINING STRENGTH Matt	9:00 AM SHRED/IGNITE Maryanne	
9:00 AM ZUMBA Maryanne	9:00 AM CATALYST SHRED Maryanne	9:00 AM ZUMBA Maryanne	9:00 AM CATALYST SHRED Maryanne			
				10:15 AM RAW Cuts Robbie		

***Team Training Strength combines TRX, Kettlebells, Dumbbells and many other types of equipment that will give you a great total body workout. Class is held in the Team Training Room upstairs.**