



Transit Class Schedule

Effective: November 17th, 2025

AFTERNOON CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:00 PM SHRED/IGNITE Maryanne				
5 PM CATALYST SHRED Mary K			6:00 PM CATALYST CYCLING Roslyn			
			7:00 PM CATALYST YOGA Roslyn			

Group Fitness Manager - Ellen Coleman ecoleman@catalystfitnessbuffalo.com

Club Manager - Caleb Arena carena@catalystfitnessbuffalo.com



Transit Class Schedule

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MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM *TEAM TRAINING STRENGTH Matt			6:00 AM *TEAM TRAINING STRENGTH Matt			
		8:00 AM SHRED/IGNITE Elisa		8:00 AM SHRED/IGNITE Elisa		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 CATALYST SHRED 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.**