



# Transit Class Schedule

Effective: December 20th, 2025

## AFTERNOON CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Group Fitness Manager - Ellen Coleman [ecoleman@catalystfitnessbuffalo.com](mailto:ecoleman@catalystfitnessbuffalo.com)

Club Manager - Caleb Arena [carena@catalystfitnessbuffalo.com](mailto:carena@catalystfitnessbuffalo.com)



# Transit Class Schedule

## Effective: December 20th, 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 CATALYST SHRED Elisa		9:00 AM CATALYST SHRED Elisa			
				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.**