



Transit Class Schedule Effective: July 7th, 2025

AFTERNOON CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:00 PM Stretch & Strength Katy				

Group Fitness Manager - Ellen Coleman ecoleman@catalystfitnessbuffalo.com



Catalyst
FITNESS

Transit Class Schedule Effective: July 7th, 2025

MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM *TEAM TRAINING STRENGTH Matt	6:00 AM **TEAM TRAINING FULL BODY Olivia		6:00 AM *TEAM TRAINING STRENGTH Matt			
						8:30 AM ZUMBA Mary
9:00 AM *TEAM TRAINING STRENGTH Matt		9 :00AM *TEAM TRAINING STRENGTH Matt		9:00 AM *TEAM TRAINING STRENGTH Matt	9:00 AM ZUMBA Maryanne	
9:00 AM ZUMBA Maryanne	9:00 AM CATALYST SHRED Maryanne	9:00 AM ZUMBA Maryanne	9:00 AM CATALYST SHRED Maryanne		9:15 AM CATALYST CYCLING Laurie	
					10:15 AM CATALYST SHRED Laurie	

***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.**

****Team Training Full Body is held on the gym floor where you'll be trained on the machines. Class meets in the Arsenal Room downstairs.**