



# Transit Class Schedule

Effective: July 7th, 2025

## AFTERNOON CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Group Fitness Manager - Ellen Coleman [ecoleman@catalystfitnessbuffalo.com](mailto: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.**