



Transit Class Schedule

Effective: August 19th, 2026

AFTERNOON CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15 PM STRIDE & STRENGTH Soleil						
6:30-7:15 PM MIND & MUSCLE Soleil						

Group Fitness Manager - Ellen Coleman ecoleman@catalystfitnessbuffalo.com



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Effective: August 19th, 2026

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 Maryanne	9:00 AM CATALYST SHRED Maryanne	9:00 AM CATALYST SHRED Maryanne	9:00 AM CATALYST SHRED Elisa		
				10:15 AM RAW Cuts Robbie	9 AM TEAM TRAINING Charity	

***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.**