



# Transit Class Schedule

Effective: September 9th, 2026

## AFTERNOON CLASSES

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

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



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Effective: September 9th, 2026

## MORNING CLASSES

| Monday                                           | Tuesday                               | Wednesday                                        | Thursday                                         | Friday                                           | Saturday                        | Sunday                   |
|--------------------------------------------------|---------------------------------------|--------------------------------------------------|--------------------------------------------------|--------------------------------------------------|---------------------------------|--------------------------|
| 6:00 AM<br>*TEAM<br>TRAINING<br>STRENGTH<br>Matt |                                       |                                                  | 6:00 AM<br>*TEAM<br>TRAINING<br>STRENGTH<br>Matt |                                                  |                                 |                          |
|                                                  |                                       |                                                  |                                                  |                                                  |                                 | 8:30 AM<br>ZUMBA<br>Mary |
|                                                  |                                       | 9 :00AM<br>*TEAM<br>TRAINING<br>STRENGTH<br>Matt |                                                  | 9:00 AM<br>*TEAM<br>TRAINING<br>STRENGTH<br>Matt |                                 |                          |
| 9:00 AM<br>CATALYST SHRED<br>Elisa               | 9:00 AM<br>CATALYST SHRED<br>Maryanne | 9:00 AM<br>CATALYST SHRED<br>Maryanne            | 9:00 AM<br>CATALYST SHRED<br>Maryanne            | 9:00 AM<br>CATALYST SHRED<br>Elisa               |                                 |                          |
|                                                  |                                       |                                                  |                                                  | 10:15 AM<br>RAW Cuts<br>Robbie                   | 9 AM<br>TEAM TRAINING<br>Soleil |                          |
|                                                  |                                       |                                                  |                                                  |                                                  |                                 |                          |
|                                                  |                                       |                                                  |                                                  |                                                  |                                 |                          |
|                                                  |                                       |                                                  |                                                  |                                                  |                                 |                          |
|                                                  |                                       |                                                  |                                                  |                                                  |                                 |                          |
|                                                  |                                       |                                                  |                                                  |                                                  |                                 |                          |
|                                                  |                                       |                                                  |                                                  |                                                  |                                 |                          |

**\*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.**