



# Wehrle Class Schedule

Effective: January 14th, 2026

## AFTERNOON CLASSES

| Monday  | Tuesday                                 | Wednesday                             | Thursday                              | Friday | Saturday | Sunday |
|---|---|---------------------------------------|---------------------------------------|--------|----------|--------|
|   |   |                                       |                                       |        |          |        |
|   | 4:15 PM<br><b>HCBCS</b><br>Antoinette   |                                       |                                       |        |          |        |
| 5:00 PM<br><b>BODYCOMBAT EXPRESS</b><br>Janelle |   |                                       | 5:00 PM<br><b>BODYPUMP</b><br>Kristen |        |          |        |
|   |   |                                       |                                       |        |          |        |
|   | 5:30 PM<br><b>CATALYST CYCLE</b><br>Amy |                                       |                                       |        |          |        |
| 6:00 PM<br><b>BODYPUMP</b><br>Jason             | 5:30 PM<br><b>ZUMBA</b><br>Arianna      | 6:00 PM<br><b>BODYPUMP</b><br>Tabatha |                                       |        |          |        |
|   |   |                                       |                                       |        |          |        |
| 7:15 PM<br><b>ZUMBA</b><br>Ally                 |   | 7:15 PM<br><b>ZUMBA</b><br>Jess       |                                       |        |          |        |
|   |   |                                       |                                       |        |          |        |

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



# Wehrle Dr Class Schedule

## Effective: January 14th, 2026

### MORNING CLASSES

| Monday                                  | Tuesday                                | Wednesday                               | Thursday                               | Friday                                  | Saturday                                | Sunday                                       |
|---|--|---|--|---|---|--|
| 5:30 AM<br><b>BODYPUMP</b><br>Sarah     | 5:45 AM<br>CATALYST CYCLE<br>Christine | 5:30 AM<br><b>BODYPUMP</b><br>Christine | 5:45 AM<br>CATALYST CYCLE<br>Amy       | 5:30 AM<br><b>BODYPUMP</b><br>Christine |   |  |
|   |  |   |  | 6 AM<br>LESMILLS CORE<br>Christine      | 8:00 AM<br>CATALYST CYCLE<br>Elena      |  |
|   |  |   | 8:30 AM<br>CATALYST CYCLE<br>Christine |   | 8:00 AM<br><b>BODYPUMP</b><br>Kristen   | 8:00 AM<br>YINYASA POWER<br>YOGA<br>Isabelle |
| 9:00 AM<br><b>BODYPUMP</b><br>Christine |  | 9:00 AM<br><b>BODYPUMP</b><br>Joanna    |  |   | 9:15 AM<br>CATALYST SHRED<br>Antoinette | 9:00AM<br><b>BODYCOMBAT</b><br>Janelle       |
|   |  |   |  |   | 10:30 AM<br><b>ZUMBA</b><br>Arianna     | 10:00AM<br>CATALYST SHRED<br>Jess            |
| 10:35 AM<br>SILVER CIRCUIT<br>Maryann   |  | 10:15 AM<br><b>YOGA</b><br>Carolyn      | 10:30 AM<br>HOPE CHEST BCS<br>Mary Ann | 10:30 AM<br>HOPE CHEST BCS<br>Linda     |   | 11:00 AM<br><b>ZUMBA</b><br>Jess             |
|   |  |   |  |   |   |  |
|   |  |   |  |   |   |  |
|   |  |   |  |   |   |  |
|   |  |   |  |   |   |  |

"ALL THINGS ARE DIFFICULT BEFORE THEY ARE EASY"