



Wehrle Class Schedule

Effective: November 24, 2025

AFTERNOON CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	4:15 PM HCBCS Antoinette					
5:00 PM BODYCOMBAT EXPRESS Janelle			5:00 PM BODYPUMP Kristen			
	5:30 PM CATALYST CYCLE Amy					
6:00 PM BODYPUMP EXPRESS Jason	5:30 PM ZUMBA Arianna	6:00 PM BODYPUMP Tabatha				
7:00 PM ZUMBA Ally						

Group Fitness Manager - Ellen Coleman ecoleman@catalystfitnessbuffalo.com



Wehrle Dr Class Schedule

Effective: November 24, 2025

MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM BODYPUMP Sarah	5:45 AM CATALYST CYCLE Christine	5:30 AM BODYPUMP Christine	5:45 AM CATALYST CYCLE Amy	5:30 AM BODYPUMP Christine		
				6 AM LESMILLS CORE Christine	8:00 AM CATALYST CYCLE Elena	
			8:30 AM CATALYST CYCLE Christine		8:00 AM BODYPUMP Kristen	8:00 AM YINYASA POWER YOGA Isabelle
9:00 AM BODYPUMP Christine		9:00 AM BODYPUMP Joanna	9:00 AM ZUMBA Olivia	9:00 AM ZUMBA Kelly L	9:15 AM CATALYST SHRED Antoinette	9:00AM BODYCOMBAT Janelle
					10:30 AM ZUMBA Arianna	
10:35 AM SILVER SNEAKERS Maryann	10:00 AM ZUMBA Kelly L	10:15 AM YOGA Carolyn	10:30 AM HOPE CHEST BCS Mary Ann	10:30 AM HOPE CHEST BCS Linda		11:00 AM ZUMBA Julie

"ALL THINGS ARE DIFFICULT BEFORE THEY ARE EASY"