

AFTERNOON CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30 PM fitLAB Arisa		4:30 PM fitLAB Rhonda				
4:30 PM BODYPUMP Danielle	4:45 PM CATALYST SHRED Bridget	5:00 PM CATALYST PIYO Traci	4:30 PM BODYPUMP Danielle			
5:30 PM BODYCOMBAT Kristen	5:30 PM fitLAB Shannon	5:30-5:50 PM CATALYST CYCLE Ellen	5:30 PM CATALYST CYCLE Sarah	5:00 PM BODYPUMP Sarah		
5:30 PM fitLAB Arisa	5:30 PM SHRED/IGNITE Ellen	5:30 PM BODYCOMBAT Carly	5:30 PM fitLAB Melissa	5:30-5:50 PM CATALYST CYCLE Adrienne		
5:30 PM VINYASA POWER YOGA Casey S	5:30 PM CATALYST CYCLE Sarah	5:55-6:30 PM CATALYST SHRED Ellen - in fitLAB	5:30 PM PILATES & SHRED Ellen	5:55-6:30 PM CATALYST SHRED Adrienne-in fitLAB		
	5:45 PM CATALYST BARRE FUSION Michelle					
				6:00 PM ZUMBA Julie		
6:30 PM HCBCS PILATES & SHRED Ellen	6:30 PM ZUMBA Mary	6:30 PM BODYPUMP Amy G	6:30 PM ZUMBA Mary			
7:30 PM ZUMBA Jess		7:30 PM ZUMBA Jess				

Group Fitness Manager - Ellen - ecoleman@catalystfitnessbuffalo.com

General Manager - Jen - jtrees@catalystfitnessbuffalo.com



Maple Class Schedule

Effective: October 8, 2025

MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM VINYASA POWER YOGA Dawn	5:45 AM HBCBS Dawn	6 AM CATALYST SHRED Brandi	5:45 AM CATALYST CYCLE Brandi	6 AM CATALYST SHRED Brandi	7:30 AM CATALYST CYCLE Cathy	8 AM BODYPUMP Lindsay
6:00 AM CATALYST CYCLE Nicole	6:00 AM CATALYST CYCLE Greg		5:45 AM HBCBS Dawn		8 AM HOPE CHEST Dawn	8:15 AM fitLAB Adrienne
8 AM SHRED/IGNITE Holly	8 AM SHRED/IGNITE Leslie	8 AM CATALYST SHRED Ellen	8 AM SHRED/IGNITE Leslie	8 AM PIYO Monica	8:30 AM fitLAB Marie	8:30 AM CATALYST PILATES Sandy
8 AM CATALYST PILATES Ellen	8 AM CATALYST YOGA Casey C	8 AM CATALYST PILATES Monica	8 AM CATALYST CYCLE Nicole	9 AM CATALYST YOGA Casey C	9:15 AM THROWDOWN Ellen	8:30 AM CATALYST CYCLE Ellen
8:30 AM CATALYST CYCLE Cathy	9 AM SHRED/IGNITE Ellen	9 AM fitLAB Chris	8 AM CATALYST YOGA Casey C	9 AM fitLAB Chris	9:15 AM CATALYST CYCLE Krissy	
9 AM fitLAB Chris	9:05 AM CATALYST YOGA Carolyn	9 AM THROW/SHRED Ellen	9:05 AM CATALYST YOGA Carolyn	9 AM SHRED/IGNITE Ellen	9:30 AM CATALYST PIYO Traci	9:15 AM BODYCOMBAT Carly
9 AM THROW/SHRED Ellen	9:30 AM CATALYST CYCLE Stacia	9 AM CATALYST PILATES Monica	9 AM SHRED/IGNITE Ellen	10-10:45 AM PILATES & SHRED Ellen	10:00 AM fitLAB Marie	9:30 AM fitLAB Rhonda
9 AM CATALYST PILATES Monica	10 AM CATALYST SHRED Nicole	10:05-10:35 AM CATALYST PILATES Ellen	10:15 AM CATALYST YOGA Casey C		10:15 AM CATALYST SHRED Ellen	9:30 AM CATALYST BARRE Ellen
10:05 AM CATALYST PILATES Tina	10:15 AM CATALYST YOGA Carolyn	10:15 AM RAW CUTS Robbie	10:15 AM SILVER SNEAKERS Kelly	11 AM RAW CUTS Robbie	10:45 AM CATALYST BARRE FUSION Michelle	10:15 AM ZUMBA Holly
10:15 AM RAW CUTS Robbie		11:15 AM RAW Truth Yoga Robbie			11:15 AM ZUMBA Mary	10:45 AM CATALYST YOGA Paige
11:15 AM RAW Truth Yoga Robbie						