Maple Class Schedule
Effective: November 2nd 2026

AFTERNOON CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30 PM **fitLAB** Arissa		4:30 PM **fitLAB** Melissa				12:00 PM **CATALYST YOGA** Thomas
4:30 PM **BODYPUMP** Danielle	4:30 PM **METAL & IRON** Chelsey		4:30 PM **BODYPUMP** Danielle			
5:30 PM **BODYCOMBAT** Danielle	5:30 PM **fitLAB** Lori	5:30-6:30 PM **TONE & TREAD** Ellen	5:30 PM **CATALYST CYCLE** Sarah	5:00 PM **BODYPUMP** Sarah		
5:30 PM **fitLAB** Arissa	5:30 PM **PILATES & PERFORMANCE** Ellen	5:30 PM **BODYCOMBAT** Carly	5:30 PM **fitLAB** Melissa			
5:30 PM **VINYASA POWER YOGA** Casey S	5:30 PM **CATALYST CYCLE** Sarah		5:30 PM **HCBCS PILATES & SHRED** Ellen			
	5:45 PM **CATALYST BARRE FUSION** Michelle					
6:30 **PM** **HCBCS PILATES & SHRED** Ellen	6:30 PM **ZUMBA** Mary	6:30 PM **BODYPUMP** Rachel	6:30 PM **ZUMBA** Mary			
7 **PM** **VIBE RIDE** Isabela						

Group Fitness Manager - Ellen - ecoleman@catalystfitnessbuffalo.com

General Manager - Jen - jtrees@catalystfitnessbuffalo.com

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MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM **PILATES** Dawn	5:45 AM **HCBCS** 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** Kim		5:45 AM **HCBCS** 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 **TONE & TREAD** Ellen	8 AM **CATALYST PILATES** Monica	8:30 AM **fitLAB** Adrienne	8:30 AM **CATALYST PILATES** Sandy
8 AM **CATALYST PILATES** Ellen		8 AM **CATALYST PILATES** Monica	8 AM **CATALYST CYCLE** Nicole	9 AM **CATALYST YOGA** Jenna	9:15 AM **THROWDOWN** Ellen	8:30 AM **CATALYST CYCLE** Ellen
8 AM **CATALYST SHRED** Cathy	9 AM **SHRED/IGNITE** Ellen	9 AM **fitLAB** Chris	8 AM **SHRED/IGNITE** Leslie	9 AM **fitLAB** Chris	9:15 AM **CATALYST CYCLE** Krissy	
8:30 AM **CATALYST CYCLE** Cathy	9 AM **CATALYST YOGA** Carolyn	9 AM **THROW/SHRED** Ellen	9 AM **CATALYST YOGA** Carolyn	9 AM **SHRED/IGNITE** Ellen	9:30 AM **CATALYST PIYO** Traci	9:15 AM **BODYCOMBAT** Carly
9 AM **fitLAB** Chris	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** Sandy	9:30 AM **fitLAB** Yvonne
9 AM **THROW/SHRED** Ellen	10 AM **CATALYST SHRED** Nicole	10:05-10:35 AM **CATALYST PILATES** Ellen			10:15 AM **CATALYST SHRED** Ellen	9:30 AM **CATALYST BARRE** Ellen
9 AM **CATALYST PILATES** **Monica**	10:15 AM **CATALYST YOGA** Carolyn	10:15 AM **RAW CUTS** Karen	10 AM **CATALYST SHRED** Kelly		10:45 AM **CATALYST BARRE FUSION** Michelle	10:15 AM **ZUMBA** Holly
10:05 AM **CATALYST PILATES** Tina		11:15 AM **RAW Truth Yoga** Karen	10:15 AM **CATALYST YOGA** Casey C		11:15 AM **ZUMBA** Mary	10:45 AM **CATALYST YOGA** Paige
10:15 AM **RAW CUTS** Karen						
11:15 AM **RAW Truth Yoga** Karen						