



Maple Class Schedule

Effective: April 7th, 2026

AFTERNOON CLASSES

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|---|----------|--------|
| 4:30 PM fitLAB Arissa | | 4:30 PM fitLAB Melissa | | | | |
| 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 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 | 5:30-5:50 PM CATALYST CYCLE Adrienne | | |
| 5:30 PM VINYASA POWER YOGA Casey S | 5:30 PM CATALYST CYCLE Sarah | | 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 Jason | 6:30 PM ZUMBA Mary | | | |
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Group Fitness Manager - Ellen - ecoleman@catalystfitnessbuffalo.com

General Manager - Jen - jtrees@catalystfitnessbuffalo.com



Maple Class Schedule

Effective: April 7th, 2026

MORNING CLASSES

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|--|--|---|
| 5:45 AM VINYASA POWER YOGA 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 SHRED Nicole | 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 Ellen | 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 | | 9 AM fitLAB Chris | 9:15 AM CATALYST CYCLE Krissy | |
| 8:30 AM CATALYST CYCLE Cathy | 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 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 Rhonda |
| 9 AM THROW/SHRED Ellen | 10 AM CATALYST SHRED Nicole | 10:05-10:35 AM CATALYST PILATES Ellen | 9:15 AM TONE & TREAD Emily | | 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 Robbie | 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 Robbie | 10:15 AM CATALYST YOGA Casey C | | 11:15 AM ZUMBA Mary | 10:45 AM CATALYST YOGA Paige |
| 10:15 AM RAW CUTS Robbie | | | | | | 12:00 PM CATALYST YOGA Thomas |
| 11:15 AM RAW Truth Yoga Robbie | | | | | | |