



# Maple Class Schedule

## Effective: May 4th, 2026

### AFTERNOON CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30 PM <b>fitLAB</b> Arissa		4:30 PM <b>fitLAB</b> Melissa				
4:30 PM <b>BODYPUMP</b> Danielle	4:45 PM <b>CATALYST SHRED</b> Bridget	5:00 PM <b>CATALYST PIYO</b> Traci	4:30 PM <b>BODYPUMP</b> Danielle			
5:30 PM <b>BODYCOMBAT</b> Danielle	5:30 PM <b>fitLAB</b> Lori	5:30-6:30 PM <b>TONE &amp; TREAD</b> Ellen	5:30 PM <b>CATALYST CYCLE</b> Sarah	5:00 PM <b>BODYPUMP</b> Sarah		
5:30 PM <b>fitLAB</b> Arissa	5:30 PM <b>PILATES &amp; PERFORMANCE</b> Ellen	5:30 PM <b>BODYCOMBAT</b> Carly	5:30 PM <b>fitLAB</b> Melissa	5:30-5:50 PM <b>CATALYST CYCLE</b> Adrienne		
5:30 PM <b>VINYASA POWER YOGA</b> Casey S	5:30 PM <b>CATALYST CYCLE</b> Sarah		5:30 PM <b>PILATES &amp; SHRED</b> Ellen	5:55-6:30 PM <b>CATALYST SHRED</b> Adrienne-in fitLAB		
	5:45 PM <b>CATALYST BARRE FUSION</b> Michelle					
		6:15 PM <b>CATALYST YOGA</b> Roslyn		6:00 PM <b>ZUMBA</b> Julie		
6:30 PM <b>HCBCS PILATES &amp; SHRED</b> Ellen	6:30 PM <b>ZUMBA</b> Mary	6:30 PM <b>BODYPUMP</b> Jason	6:30 PM <b>ZUMBA</b> Mary			

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

General Manager - Jen - [jtrees@catalystfitnessbuffalo.com](mailto:jtrees@catalystfitnessbuffalo.com)



# Maple Class Schedule

## Effective: May 4th, 2026

### MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM <b>VINYASA POWER YOGA</b> Dawn	5:45 AM <b>HCBCS</b> Dawn	6 AM <b>CATALYST SHRED</b> Brandi	5:45 AM <b>CATALYST CYCLE</b> Brandi	6 AM <b>CATALYST SHRED</b> Brandi	7:30 AM <b>CATALYST CYCLE</b> Cathy	8 AM <b>BODYPUMP</b> Lindsay
	6:00 AM <b>CATALYST CYCLE</b> Kim		5:45 AM <b>HCBCS</b> Dawn		8 AM <b>HOPE CHEST</b> Dawn	8:15 AM <b>fitLAB</b> Adrienne
8 AM <b>SHRED/IGNITE</b> Holly	8 AM <b>SHRED/IGNITE</b> Ellen	8 AM <b>CATALYST SHRED</b> Ellen	8 AM <b>TONE &amp; TREAD</b> Ellen	8 AM <b>CATALYST PILATES</b> Monica	8:30 AM <b>fitLAB</b> Adrienne	8:30 AM <b>CATALYST PILATES</b> Sandy
8 AM <b>CATALYST PILATES</b> Ellen		8 AM <b>CATALYST PILATES</b> Monica	8 AM <b>CATALYST CYCLE</b> Nicole	9 AM <b>CATALYST YOGA</b> Jenna	9:15 AM <b>THROWDOWN</b> Ellen	8:30 AM <b>CATALYST CYCLE</b> Ellen
8 AM <b>CATALYST SHRED</b> Cathy	9 AM <b>SHRED/IGNITE</b> Ellen	9 AM <b>fitLAB</b> Chris		9 AM <b>fitLAB</b> Chris	9:15 AM <b>CATALYST CYCLE</b> Krissy	
8:30 AM <b>CATALYST CYCLE</b> Cathy	9 AM <b>CATALYST YOGA</b> Carolyn	9 AM <b>THROW/SHRED</b> Ellen	9 AM <b>CATALYST YOGA</b> Carolyn	9 AM <b>SHRED/IGNITE</b> Ellen	9:30 AM <b>CATALYST PIYO</b> Traci	9:15 AM <b>BODYCOMBAT</b> Carly
9 AM <b>fitLAB</b> Chris	9:30 AM <b>CATALYST CYCLE</b> Stacia	9 AM <b>CATALYST PILATES</b> Monica	9 AM <b>SHRED/IGNITE</b> Ellen	10-10:45 AM <b>PILATES &amp; SHRED</b> Ellen	10:00 AM <b>fitLAB</b> Sandy	9:30 AM <b>fitLAB</b> Rhonda
9 AM <b>THROW/SHRED</b> Ellen	10 AM <b>CATALYST SHRED</b> Nicole	10:05-10:35 AM <b>CATALYST PILATES</b> Ellen	9:15 AM <b>TONE &amp; TREAD</b> Emily		10:15 AM <b>CATALYST SHRED</b> Ellen	9:30 AM <b>CATALYST BARRE</b> Ellen
9 AM <b>CATALYST PILATES</b> Monica	10:15 AM <b>CATALYST YOGA</b> Carolyn	10:15 AM <b>RAW CUTS</b> Robbie	10 AM <b>CATALYST SHRED</b> Kelly		10:45 AM <b>CATALYST BARRE FUSION</b> Michelle	10:15 AM <b>ZUMBA</b> Holly
10:05 AM <b>CATALYST PILATES</b> Tina		11:15 AM <b>RAW Truth Yoga</b> Robbie	10:15 AM <b>CATALYST YOGA</b> Casey C		11:15 AM <b>ZUMBA</b> Mary	10:45 AM <b>CATALYST YOGA</b> Paige
10:15 AM <b>RAW CUTS</b> Robbie						12:00 PM <b>CATALYST YOGA</b> Thomas
11:15 AM <b>RAW Truth Yoga</b> Robbie						