

## Catalyst Fitness Transit Road Group Exercise Schedule Pop-Up classes

Schedule subject to change – check [www.catalystfitnessbuffalo.com](http://www.catalystfitnessbuffalo.com) for current schedule

Regional Group Exercise Director: Ellen Coleman – [ecoleman@catalystfitnessbuffalo.com](mailto:ecoleman@catalystfitnessbuffalo.com)



<u>DAY</u>	<u>DATE</u>	<u>Class</u>	<u>Time</u>	<u>Instructor</u>	<u>Description</u>
Monday	5/5/25	Zumba	9am	Maryanne	60 minutes Zumba dance cardio
Monday	5/5/25	Shred	5pm	Laurie	60 minutes Weight Training
Monday	5/5/25	Cycling	6pm	Laurie	45 minutes Cycling
Tuesday	5/6/25	Shred	9am	Maryanne	60 minutes Weight Training
Tuesday	5/6/25	30/30	6pm	Robbie	30 minutes Kickboxing/30 Minutes RAW CUTS (weights)
Wednesday	5/7/25	Zumba	9am	Maryanne	60 minutes Zumba dance cardio
Thursday	5/8/25	Shred	9am	Maryanne	60 minutes Weight Training
Saturday	5/10/25	Zumba	9am	Maryanne	60 minutes Zumba dance cardio
Saturday	5/10/25	Cycling	9:15am	Laurie	45 minutes Cycling
Saturday	5/10/25	Shred	10am	Laurie	60 minutes Weight Training
Sunday	5/11/25	Zumba	830am	Mary	60 minutes Zumba dance cardio