

Catalyst Fitness Transit Road Group Exercise Schedule Pop-Up classes

Schedule subject to change – check www.catalystfitnessbuffalo.com for current schedule

Regional Group Exercise Director: Ellen Coleman – ecoleman@catalystfitnessbuffalo.com



DAY	DATE	Class	Time	Instructor	Description
Monday	4/28/25	Zumba	9am	Maryanne	60 minutes Zumba dance cardio
Monday	4/28/25	Shred	5pm	Laurie	60 minutes Weight Training
Monday	4/28/25	Cycling	6pm	Laurie	45 minutes Cycling
Tuesday	4/29/25	Shred	9am	Maryanne	60 minutes Weight Training
Tuesday	4/29/25	30/30	6pm	Robbie	30 minutes Kickboxing/30 Minutes RAW CUTS (weights)
Wednesday	4/30/25	Zumba	9am	Maryanne	60 minutes Zumba dance cardio
Thursday	5/1/25	Shred	9am	Maryanne	60 minutes Weight Training
Saturday	5/3/25	Cycling	9:15am	Laurie	45 minutes Cycling
Saturday	5/3/25	Shred	10am	Laurie	60 minutes Weight Training
Sunday	5/4/25	Zumba	830am	Mary	60 minutes Zumba dance cardio