



# Catalyst French Rd studio schedule

FITNESS

\* classes not included with guest privileges

effective April 1, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:00 AM <b>SPRINT</b> Andy	5:30 - 6:15 AM <b>BODYPUMP EXPRESS</b> Andy	5:30 AM <b>BODYFLOW</b> Jen M	5:30 - 6:15 AM <b>BODYATTACK EXPRESS</b> Natalie	5:25 - 5:55 AM <b>SPRINT</b> Andy		
		5:30 AM <b>Cycle</b> Andy		6:00 AM <b>CXWORX</b> Kara	7:25 AM <b>BODYPUMP</b> Jenn C / Mike	
8:00 AM <b>Total Body Blast</b> Maryann	8:00 AM <b>Total Body Blast</b> Wendy	8:00 AM <b>Total Body Blast</b> Maryann	8:00 AM <b>Total Body Blast</b> Wendy	8:00 AM <b>Chisel</b> Michaela		8:15 AM <b>Cycle</b> Andy
					8:30 AM <b>BODYCOMBAT</b> Lisa T	8:30 AM <b>BODYATTACK</b> Jenn C
9:00 AM <b>Body Ignite</b> Wendy S	9:00 AM <b>Cycle</b> Wendy S	9:00 AM <b>Body Ignite</b> Wendy S	9:00 AM <b>Cycle</b> Wendy S	9:00 AM <b>BODYFLOW</b> Jen M	8:35 AM <b>RPM</b> Kara	
10:00 AM <b>BODYFLOW</b> Diane	9:30 AM <b>BODYPUMP</b> Jen M	9:00 AM <b>RPM</b> Kara	9:30 AM <b>BODYPUMP</b> Cristina	10:00AM <b>Cardio BARRE</b> Mary Ann	9:30 AM <b>ZUMBA</b> Corinne	9:30 AM - 10:15 AM <b>BODYPUMP EXPRESS</b> Andy
10:00 AM <b>Cycle</b> Rebekah		10:00 AM <b>BODYFLOW</b> Kara		10:00 AM <b>Cycle</b> Rebekah	9:30 - 10:00 AM <b>SPRINT</b> Kara/Andy	10:15 AM <b>Zumba</b> Jillian
	10:45 AM <b>SilverSneakers Classic</b> MaryAnn		10:45 AM <b>SilverSneakers Circuit</b> George		10:30 AM <b>BODYFLOW</b> Kara	
11 am <b>SilverSneakers Classic</b> George		11 AM <b>SilverSneakers Classic</b> MaryAnn		11AM <b>SilverSneakers Classic</b> Rebekah		
		12PM <b>SilverSneakers Yoga</b> MaryAnn				
4:30 PM <b>BODYPUMP</b> Mike	4:30 PM <b>BODYFLOW</b> Diane	4:30 PM <b>BODYPUMP</b> Jenn C	4:30 PM <b>BODYFLOW</b> Christina S	4:45 PM <b>BODYSTEP</b> Kara		
		4:45 PM <b>SPRINT</b> Mike				
5:30 PM <b>CXWORX</b> Jenn C	5:45 PM - 6:30 PM <b>BODYPUMP EXPRESS</b> Jason	5:30 PM <b>CXWORX</b> Lisa	5:40 PM <b>BODYPUMP</b> Jim H	5:45 PM <b>BODYCOMBAT</b> Jim H		
6:00 PM - 6:45 PM <b>BODYATTACK EXPRESS</b> Trish	6:00 PM <b>RPM</b> Jill	6:00 PM <b>BODYATTACK</b> Lisa	6:00 PM <b>RPM</b> Karen/Jill			
6:15 PM <b>SPRINT</b> Erica		6:15 PM <b>RPM</b> Kelsie				
7:00 PM <b>BODYPUMP</b> Jenn B	6:45 PM - 7:30 PM <b>BODYCOMBAT EXPRESS</b> Kelly/Lisa F	7:00 PM <b>Zumba</b> Jaclynn	6:45 PM - 7:30 PM <b>BODYCOMBAT EXPRESS</b> Janelle / Amy Z			
	7:30 PM <b>Yoga</b> Rebekah		7:30 PM <b>BODYFLOW</b> Chelsy			