



Catalyst

FITNESS

Elmwood class schedule

effective April 1, 2019

* classes not included with guest privileges

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM Virtual BODYCOMBAT		5:30 AM Virtual BODYCOMBAT		5:30 AM Virtual BODYFLOW		
5:30 AM Catalyst Cycle Devan	5:30 AM BODYPUMP Express Taylor	5:30 AM Catalyst Cycle Ruth	5:30am BODYPUMP Express Taylor	5:30 AM Catalyst Cycle Devan		
6:30 - 7AM Virtual BODYFLOW Flexibility	6:30 - 7AM Virtual CXWORX	6:30 - 7 AM Virtual BARRE	6:30 - 7 AM Virtual CXWORX	6:30 - 7 AM Virtual GRIT CARDIO	8:00 - 8:30 AM Virtual GRIT PLYO	8:30 - 9:30 AM Virtual BODYFLOW
					9:00 AM BODYPUMP Andrea	9:30 - 10:15 AM Virtual SH'BAM
9:30 AM Virtual BODYFLOW	9:30 AM Virtual BODYPUMP	9:30 - 10:00 AM Virtual SH'BAM	9:30 AM Virtual BODYPUMP	9:30 - 10:00 AM Virtual BODYCOMBAT	9:00 AM Catalyst Cycle Devan	9:30 AM Catalyst Cycle Alicia
10:00 - 10:30 AM Virtual CXWORX		10:00 - 10:30 AM Virtual BARRE		10:00 - 10:30 AM Virtual CXWORX	10:00 AM Stretch & ROM Chris C	10:30 AM BODYPUMP Amy Z
10:30 - 11:00 AM Virtual SH'BAM	10:30 - 11:00 AM Virtual BODYCOMBAT	10:30 - 11:00 AM Virtual CXWORX	10:30 - 11:00 AM Virtual BODYCOMBAT	10:30 - 11:00 AM Virtual SH'BAM	11:00 - 11:30 AM Virtual CXWORX	11:30 - 12 PM Virtual BARRE
					11:30 - 12:15 PM Virtual SH'BAM	12:00 - 12:30 PM Virtual GRIT CARDIO
	3:00 - 4:00 PM Virtual BODYPUMP	3:00 - 3:30 PM Virtual BODYFLOW Strength	3:00 - 3:30 PM Virtual BODYPUMP	3:00 - 3:30 PM Virtual GRIT PLYO		
	4:00 - 5:00 PM Virtual BODYCOMBAT	3:30 - 4:00 PM Virtual SH'BAM	3:30 - 4:30 PM Virtual BODYCOMBAT	3:30 - 4:00 PM Virtual CXWORX		
4:30 PM Virtual BODYFLOW			4:30 - 5:15 PM Virtual SH'BAM	4:30 PM Virtual BODYPUMP		
6:00 PM BODYCOMBAT Lisa F	6:00 PM BODYPUMP Amy Z	6:00 PM BODYCOMBAT Amy Z	6:00 PM BODYPUMP Denise			
6:30 PM RPM Denise		6:30 PM Catalyst Cycle Dana		6:30 - 7:00 PM Virtual CXWORX		
7:00 PM Zumba Lauren		7:00 PM Zumba Edwin	7:15 PM SPRINT Denise	7:00 - 7:45 PM Virtual SH'BAM		
8:00 PM Virtual BODYFLOW		8:00 PM Yoga Ashley	8:00 - 8:30 PM Virtual CXWORX	8:00 PM Virtual BODYPUMP		
			8:30 - 9PM Virtual BARRE			