Catalyst FITNESS French Rd studio schedule

effective April 29, 2019

* **classes not included with guest privileges**

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