



Catalyst FITNESS

Seneca St. studio schedule

effective May 1, 2019

* classes not included with guest privileges

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

8:30 AM
BODYATTACK
Jackie

9:30 AM
BODYFLOW
Joanna

9:30 AM
BODYPUMP
Kelly H

9:30 AM
BODYCOMBAT
Kelly H

9:30 AM
BODYFLOW
Joanna

9:30 AM
Silver Sneakers
George

9:30 AM
BODYPUMP
Joanna

10:40 AM
BODYPUMP
Kelly H

10:30 AM
BODYCOMBAT
Sue

10:45 AM
Silver Sneakers
Beth

10:45 AM
Silver Sneakers
Kelly H

10:45 AM
Silver Sneakers
George

10:45 AM
Silver Sneakers
Beth

5:00 PM
Chisel
Michaela

5:00 PM
YOGA
Beverly

5:00 PM
Chisel
Kelly H

5:00 PM
**Total Body
Bootcamp**
Ashley

6:15 PM
BODYATTACK
Jackie

6:00 PM
BODYPUMP
Trish

6:00 PM
BODYCOMBAT
Sue

6:00 PM
BODYPUMP
Allison

7:15 PM
Zumba
Jennifer

7:15 PM
Zumba
Melissa

7:15 PM
Zumba
Melissa