



Catalyst FITNESS

French Rd studio schedule

effective June 1, 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

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
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