Seneca St. Class Schedule

Effective: **January 31, 2020**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					7:45 -8:15 AM **GRIT** Cristina M	
					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	10:00 - 10:30 AM **CXWORX** Lisa F
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	10:40 AM **BODYPUMP Express** Kelly H	10:30 AM **BODYSTEP** Lindsay	10:30 AM **BODYCOMBAT** Sue G
				11:30 - 12:00 PM **CXWORX** Kelly H		
5:00 PM **Catalyst Shred/Ignite** Michaela	5:00 PM **BODYFLOW** Beverly	5:30 - 6:00 PM **CXWORX** Joanna	5:00 PM **GRIT** Jason			
6:00 PM **ZUMBA** Jennifer	6:00 PM **BODYPUMP** Trish	6:00 PM **BODYCOMBAT** Sue G	6:00 PM **BODYPUMP** Joanna			
7:00 PM **HCBCS** Kim	7:15 PM **Zumba** Melissa	7:00 PM **HCBCS** Beth	7:15 PM **Zumba** Melissa			

* All classes are 55 minutes unless otherwise noted

*Please arrive 10 minutes prior to class start time for equipment setup and safety check.

* Guest's access may be limited due to class capacity and equipment availability.

Group Fitness Manager - Mike Fix mfix@catalystfitnessbuffalo.com