

## AFTERNOON CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00PM <b>BODYCOMBAT EXPRESS</b> Janelle		5:00PM <b>BODYCOMBAT EXPRESS</b> Lisa F	5:00 PM <b>BODYPUMP</b> Alex			
6:00 PM <b>BODYPUMP EXPRESS</b> Alex		6:00PM <b>BODYPUMP</b> Jenn B				
6:00 PM <b>CATALYST CYCLE</b> Mariely	6:00 PM <b>RPM</b> Christine	6:00 PM <b>CATALYST CYCLE</b> Mariely	6:00 PM <b>RPM</b> Christine			
7:00PM <b>ZUMBA</b> Alex						

All classes are 45-55 minutes in length.

\*Please arrive 15 minutes prior to class start time for club check in, equipment setup and safety check.

Get your class ticket at the kiosk.

**Group Fitness Manager - Ellen Coleman [ecoleman@catalystfitnessbuffalo.com](mailto:ecoleman@catalystfitnessbuffalo.com)**

## MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:00 AM CATALYST CYCLE Mariely	8:00 AM BODYFLOW Erica
9:00 AM CATALYST SHRED Michaela		9:00 AM BODYPUMP Michaela		9:00 AM BODYFLOW Erica	9:00 AM BODYPUMP Karen	9:15AM BODYCOMBAT Janelle
	9:30AM CATALYST CYCLE Christine					
		10:15 YOGA Carolyn				10:30 AM ZUMBA Diane

"Happiness is found when you stop comparing yourself to other people"