Seneca Street Class Schedule

Effective: **April 1, 2021**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:00 - 8:30 AM **GRIT** Cristina M	8:30 AM **Zumba** Mary
9:00 AM **BODYFLOW** Joanna	9:00 AM **Les Mills CORE** Joanna	9:00 AM **BODYPUMP** Kelly		9:00 AM **Les Mills CORE** Kelly	9:00AM **BODYPUMP** Jason	
				9:45 AM **Chair Yoga** Kelly		10:00 AM **BODYCOMBAT** Sue
						11:15 AM **HCBCS** Beth
6:00-6:30PM **Les Mills CORE** **Lisa F**	6:00 PM **BODYPUMP** Lindsay	6:00 PM **BODYATTACK** Trish	6:00 PM **BODYPUMP** Lindsay			
6:30-7:00PM **BODYCOMBAT** **express** **Lisa F**	7:15 PM **Zumba** Melissa		7:15 PM **BODYFLOW** Lindsay			

MASKS REQUIRED FOR ALL INDOOR CLASSES

Be advised, class capacity is limited due to COVID-19 regulations.

Exercise mats will not be provided, please bring your own.

All classes are 45-55 minutes unless otherwise noted

Please arrive 10 minutes prior to class start time for club check in, equipment setup, sanitizing and safety check.

General Manager - Gretchen Peterson gpeterson@catalystfitnessbufflalo.com

Group Fitness Manager -Mike Fix mfix@catalystfitnessbuffalo.com

"Be an island of calm in the sea of craziness."