Colvin Class Schedule
Effective: January 4, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 AM **SHRED/IGNITE** Holly	6:15 AM **CATALYST SHRED** Theresa	8:15 AM **SHRED/IGNITE** Nicole	6:15 AM **CATALYST CYCLE** Brandi	6:15 AM **CATALYST SHRED** Brandi	7:30 AM **CATALYST SHRED** Theresa	8:45 AM **PIYO** Hilary
8:30 AM **CATALYST CYCLE** Debbie	9:15 AM **CATALYST SHRED** Michelle	8:30 AM **CATALYST CYCLE** Debbie	9:15 AM **CATALYST SHRED** Michelle	8:30 AM **CATALYST CYCLE** Debbie	8:30 AM **CATALYST CYCLE** Krissy	9 AM **CATALYST CYCLE** Adrienne
9:30AM **CATALYST SHAPE** Monica	10:30 AM **CATALYST YOGA** Monica	9:30AM **CATALYST SHAPE** Monica	10:30 AM **CATALYST YOGA** Monica	8:30AM **PIYO** Monica	9:30 AM **CATALYST CYCLE** Debbie	9:30 AM **CATALYST SHRED** Antoinette
				9:45 AM **SHRED CAMP** Michelle	9:30 AM **SHRED/IGNITE** Traci	
					10:45 AM **ZUMBA** Holly	
4:30 PM **CATALYST CYCLE** Debbie	4:30 PM **CATALYST CYCLE** Sarah	4:30 PM **SHRED CAMP** Debbie	4:30 PM **CATALYST CYCLE** Laurie			
4:45 PM **SHRED/IGNITE** Theresa	4:45 PM **CATALYST SHRED** Bridget	5:30 PM **CATALYST CYCLE** Adrienne	5:30 PM **CATALYST SHRED** Laurie			
5:45 PM **THROWDOWN** Amy		5:30 PM **SHRED/IGNITE** Traci	5:45 PM **YOGA** Laura			
		6:30 PM **PIYO** Traci	6:45 PM **ZUMBA** Holly			

Regional Group Exercise Director: Ellen - Ecoleman@catalystfitnessbuffalo.com
General Manager: Connie - cemerling@catalystfitnessbuffalo.com

"Our greatest glory is not in never falling, but in rising every time we fall."