



Catalyst
FITNESS

Elmwood live class schedule

effective November 11, 2018

* classes not included with guest privileges

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM Catalyst Cycle Devan	5:30 AM BODYPUMP Express Taylor	5:30 AM Catalyst Cycle Ruth	5:30am BODYPUMP Express Lauren W	5:30 AM Catalyst Cycle Devan		
					9:00 AM BODYPUMP Andrea	
					9:00 AM Catalyst Cycle Devan	
						9:30 AM Catalyst Cycle Alicia
						10:30 AM BODYPUMP Amy Z
4:30 PM BODYFLOW Erica						
6:00 PM BODYCOMBAT Lisa F	6:00 PM BODYPUMP Amy Z	6:00 PM BODYCOMBAT Amy Z	6:00 PM BODYPUMP Denise			
6:30 PM RPM Denise		6:30 PM Catalyst Cycle Dana				
7:00 PM Zumba Lauren		7:00 PM Zumba Edwin	7:15 PM RPM Denise			
	7:15 PM Next Level Bootcamp Gene	8:00 PM Yoga Ashley				