



Catalyst French Rd studio schedule

FITNESS

* classes not included with guest privileges

effective January 6, 2019

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

5:30 - 6 AM
SPRINT
Andy

5:30 AM
BODYPUMP
Andy

5:30 AM
BODYFLOW
Jen M

5:30 - 6:15 AM
**BODYATTACK
EXPRESS**
Natalie

5:25 - 5:55 AM
SPRINT
Andy

6:00 AM
CXWORX
Kara

7:25 AM
BODYPUMP
Jenn C / Mike

8:00 AM
Total Body Blast
Maryann

8:00 AM
Total Body Blast
Wendy

8:00 AM
Total Body Blast
Maryann

8:00 AM
Total Body Blast
Wendy

8:00 AM
Chisel
Michaela

8:15 AM
Cycle
Andy

9:00 AM
RPM
Kara

8:30 AM
BODYCOMBAT
Lisa T

8:30 AM
BODYATTACK
Jenn C

9:00 AM
Chisel
Rebekah

9:00 AM
Chisel
Rebekah

9:00 AM
BODYFLOW
Jen M

8:35 AM
RPM
Kara

10:00 AM
BODYFLOW
Diane

9:30 AM
BODYPUMP
Jen M

10:00 AM
BODYFLOW
Kara

9:30 AM
BODYPUMP
Cristina

10:00AM
Cardio BARRE
Mary Ann

9:30 AM
ZUMBA
Corinne

9:30 AM - 10:15 AM
**BODYPUMP
EXPRESS**
Andy

10:00 AM
Cycle
Rebekah

10:00 AM
Cycle
Rebekah

9:30 - 10:00 AM
SPRINT
Kara/Andy

10:15 AM
Zumba
Jillian

10:45 AM
**SilverSneakers
Classic**
MaryAnn

10:45 AM
**SilverSneakers
Circuit**
George

10:30 AM
BODYFLOW
Kara

11 am
**SilverSneakers
Classic**
George

11 AM
**SilverSneakers
Classic**
MaryAnn

11AM
**SilverSneakers
Classic**
Rebekah

12PM
**SilverSneakers
Yoga**
MaryAnn

4:30 PM
BODYPUMP
Mike

4:30 PM
BODYFLOW
Diane

4:30 PM
BODYPUMP
Jenn C

4:30 PM
BODYFLOW
Christina S

4:45 PM
BODYSTEP
Kara

4:45 PM
SPRINT
Mike

5:30 PM
CXWORX
Jenn C

5:45 PM
BODYPUMP
Jason

5:30 PM
CXWORX
Lisa

5:45 PM
BODYPUMP
Jim H

5:45 PM
BODYCOMBAT
Jim H

6:00 PM - 6:45 PM
**BODYATTACK
EXPRESS**
Trish

6:00 PM
RPM
Jill

6:00 PM
BODYATTACK
Lisa

6:00 PM
RPM
Karen/Jill

6:15 PM
SPRINT
Erica

6:15 PM
RPM
Kelsie

7:00 PM
BODYPUMP
Jenn B

6:45 PM - 7:30 PM
**BODYCOMBAT
EXPRESS**
Kelly/Lisa F

7:00 PM
Zumba
Jaclynn

6:45 PM - 7:30 PM
**BODYCOMBAT
EXPRESS**
Janelle / Amy Z

7:30 PM
Yoga
Rebekah

7:30 PM
BODYFLOW
Chelsy