



Catalyst FITNESS

Wehrle Dr studio schedule

effective January 13, 2019

* classes not included with guest privileges

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM BODYPUMP Karen	5:30 AM Catalyst Cycle Michelle	5:30 AM BODYPUMP Lauren S	5:30 AM Catalyst Cycle Michelle			
5:45AM SPRINT Amy E				5:45 AM SPRINT Jill	7:30 AM Catalyst Cycle David	
		7:15 AM Yoga Martha			7:30 AM Yoga Olivia	8:00 AM BODYFLOW Kara/Erica
			8:30 AM Zumba Oliva		8:45 AM BODYPUMP Karen	
9:00 - 9:45 AM BODYPUMP EXPRESS Kelly H	9:00 AM Barre Pilates Jaclynn	9:00- 9:45 AM BODYPUMP EXPRESS Michaela				9:00 AM BODYCOMBAT Janelle
			9:30 AM Yoga Betsy	9:30 AM BODYCOMBAT Keira	9:45 AM Zumba Alexis	
10:00 - 10:45 AM Yoga Robbie	10:00 AM Zumba Gold Sharon	10:00 - 10:45 AM Yoga Robbie				10:00AM Zumba Jaclynn
10:45 AM Raw Cuts Robbie		10:45 AM Raw Cuts Robbie	10:30 AM Silver Sneakers Classic Kelly H	10:45 AM Zumba Bob		
	11:00 AM Chair Yoga Olivia					11:00 AM BODYPUMP David
11:45 am Zumba Gold Marcia		11:45 AM Zumba Gold Olivia	11:30 AM Chair Yoga Kelly H	11:45 AM Chair Yoga Rick		
				12:45 PM Raw Cuts Robbie	1:45 PM Raw Kick/Cuts Robbie	
5:00 - 5:45 PM BODYCOMBAT Express Janelle						
		5:30 PM BODYPUMP Jenn B	5:30 PM BODYPUMP David			
6:00 PM BODYPUMP Jim	6:00 PM - 6:45 PM BODYATTACK EXPRESS Jenn B					
	6:00 PM RPM Christine	6:30 PM BODYCOMBAT Lisa F	6:00 PM RPM Christine			
	6:45 PM - 7:30 PM Raw Kickboxing Express Robbie	6:45 PM Catalyst Cycle David	6:45 PM - 7:30 PM Raw Cuts Sculpt Express Robbie			
7:00 PM Zumba Corinne						
	7:30 PM Yoga Naillia	7:30 PM Zumba Jillian	7:30 PM Yoga Elise/Sydney			