



Catalyst FITNESS

Tonawanda studio schedule

effective January 13, 2019

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

8:30 AM
BODYPUMP
Taylor

9:00 AM
BODYPUMP
Michaela

9:00 AM
Yoga
Beverly

9:00 AM
BODYPUMP
Michaela

9:00 AM
BODYFLOW
Beverly

9:00 AM - 9:45 AM
BODYATTACK
Express
Carly

9:30 AM
BODYCOMBAT
Carly

10:00 am
Silver Sneakers
Classic
Holly

10:00 AM - 10:45 AM
BODYCOMBAT
Express
Amy

10:00 AM **Silver**
Sneakers
Classic
Holly

10:00 AM - 10:45 AM
BODYCOMBAT
Express
Linda

10:00 AM
Zumba
Nettie

10:00 AM
Zumba
Edwin

11:00 AM
Chair Yoga
Rick

11:00 AM
Chair Yoga
Rick

4:30 PM
Yoga
Beverly

5:00 PM
Zumba
Holly

5:30 PM
BODYCOMBAT
Carly

5:30 PM
BODYSTEP
Linda

6:00 PM
BODYPUMP
Andrea

6:00PM
BODYPUMP
Julie S.

6:30 PM
Raw Kick/Sculpt
Robbie

6:30 PM
Zumba
Raylin

7:00 PM
BODYCOMBAT
Viviana

7:00 PM
BODYCOMBAT
Viviana

7:30 PM
Zumba
Raylin