



Catalyst French Rd studio schedule

FITNESS

* classes not included with guest privileges

effective February 1, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:00 AM SPRINT Andy	5:30 - 6:15 AM BODYPUMP EXPRESS Andy	5:30 AM BODYFLOW Jen M	5:30 - 6:15 AM BODYATTACK EXPRESS Natalie	5:25 - 5:55 AM SPRINT Andy		
		5:30 AM Cycle 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 - 6:30 PM BODYPUMP EXPRESS Jason	5:30 PM CXWORX Lisa	5:40 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			