



McMASTER

ATHLETICS & RECREATION

www.marauders.ca

PULSE – Spring 2024 GROUP FITNESS SCHEDULE

Effective April 29th - May 31st, 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am–7:50am		Yoga (50) Matt		Yoga (50) Amy	
12:00pm–12:50pm	Strength and Stretch (50) Raneem	Soca Dance Cardio (50) Marlice	Strength (50) Lee-Anne	Strength (50) Anne-Marie	Yoga (50) Sarah 12:30-1:20pm
4:30pm–5:20pm	Yoga (50) Claire	Yoga (50) Atreyee			
5:30pm–6:20pm	Circuit Training (50) Meghan			Circuit Training (50) Meghan	
		Zumba (50) Monica 6:00- 6:50pm			
6:30pm–7:20pm	Mobility (30) Meghan				

CLASSES WILL TAKE PLACE IN LARGE STUDIO (STUDIO 1)

Class instructor & type may be subject to change.

Check the McMaster Recreation App, @McMasterPulse, and www.marauders.ca/thepulse for updates.