



Instructional Programs Spring 2024: Your Week at a Glance

ALL = Appropriate for all skill levels **BEG** = Beginner **INT** = Intermediate Location: MC=Mindfulness Ctr., RHS=Rose Hill Studio, FHS=Fitzhenry Studio W203

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		BEG & INT Pilates 12:00pm MC	BEG & INT Pilates 4:30pm MC	BEG Yoga 12:00pm MC		
		BEG Ballet Dance 4:30pm MC	ALL Ballroom/Latin Dance Combo 6:00pm MC	BEG Hip Hop Dance 6:30pm MC		
		ALL Kickboxing 6:00pm FHS	ALL Fencing 7:30pm Smith Gym	BEG & INT Karate 7:30pm MC		
		BEG & INT Karate 7:30pm MC		ALL Muay Thai 7:30pm RHS		

When?
Set of programs begins
Tuesday May 7, 2024.

McMaster Students get Member Rates!

How To Register?
Registration begins **April 1, 2024.**
Register online at
<https://rec.mcmaster.ca/programs/classes>

Email reconline@mcmaster.ca for registration inquiries

#MacMoves

Check out the David Braley Athletic Centre for great recreational programs!

rec.mcmaster.ca
Questions? Email obrienh@mcmaster.ca