



# McMASTER

## ATHLETICS & RECREATION

[www.marauders.ca](http://www.marauders.ca)

The Pulse – April Exam Season 2019 Fitness Schedule  
Effective April 11<sup>th</sup> –14<sup>th</sup>, 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am–7:50am				Hatha Yoga Matt			
9:30am–10:20am							
11:30am–12:00pm						Core Frank	
12:05pm–12:55pm		Strength Challenge Heidi	Boot Camp Nicoya	Strength Challenge Lee-Anne			
1:30pm–2:20pm							
4:00pm–4:25pm							
4:30pm–5:20pm	On the Ball! Louise		Step It Up! Ruth				
5:30pm–6:20pm		Yoga Blair	Strength & Stretch Ruth	Yoga Kerri			
6:30pm–7:00pm	HIIT Fit Sameen	Beginner Zumba® Alejandra	HIIT Fit Madi	Zumba® Alejandra			
7:00pm–7:20pm	7:00-7:30 Upper Body Strength Sameen		7:00-7:30 Glute Recruit! Glutes, Hams, Quads Madi				

A new schedule will be available for the months of May & June.

**Class instructor & type may be subject to change.**

**Check the McMaster Recreation App or [www.marauders.ca/thepulse](http://www.marauders.ca/thepulse) for updates.**



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## ATHLETICS & RECREATION

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The Pulse – April Exam Season 2019 Fitness Schedule  
Effective April 15<sup>th</sup> – 21<sup>st</sup>, 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am–7:50am				Hatha Yoga Matt	The Pulse is closed  <i>No classes are running</i>		The Pulse is closed  <i>No classes are running</i>
9:30am–10:20am							
11:30am–12:00pm						Core Frank	
12:05pm–12:55pm		Strength Challenge Heidi	Boot Camp Nicoya	Strength Challenge Lee-Anne			
1:30pm–2:20pm							
4:00pm–4:25pm							
4:30pm–5:20pm	On the Ball! Louise		Step It Up! Ruth				
5:30pm–6:20pm	Yoga Kerri	Yoga Blair	Strength & Stretch Ruth				
6:30pm–7:00pm	HIIT Fit Sameen	Beginner Zumba® Alejandra	HIIT Fit Madi	Zumba® Alejandra			
7:00pm–7:20pm	7:00-7:30 Upper Body Strength Sameen		7:00-7:30 Glute Recruit! Glutes, Hams, Quads Madi				

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## ATHLETICS & RECREATION

[www.marauders.ca](http://www.marauders.ca)

The Pulse – April Exam Season 2019 Fitness Schedule  
 Effective April 22<sup>nd</sup> – 29<sup>th</sup>, 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am–7:50am				Hatha Yoga Matt			
9:30am–10:20am							
11:30am–12:00pm						Core Frank	
12:05pm–12:55pm		Strength Challenge Lee-Anne	Boot Camp Nicoya	Strength Challenge Lee-Anne			
1:30pm–2:20pm							
4:00pm–4:25pm							
4:30pm–5:20pm	On the Ball! Louise		Step It Up! Ruth				
5:30pm–6:20pm	Yoga Kerri	Yoga Blair	Strength & Stretch Ruth				
6:30pm–7:00pm	HIIT Fit Sameen	Beginner Zumba® Alejandra	HIIT Fit Madi	Zumba® Alejandra			
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