



McMASTER

ATHLETICS & RECREATION

www.marauders.ca

The Pulse – Fall 2021 Cycling Schedule
Effective October 18th – December 3rd, 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am–7:50am			7:30-8:20 Mac Cycle Matt				
9:30am–10:20am							
10:30am–11:20pm							
11:30am–12:00pm							
12:05pm–12:55pm					12:15-12:45 HIIT Maureen		
3:30pm–4:20pm							
4:30pm–5:20pm							
5:30pm–6:20pm		5:30-6:00 Begin to Spin Sydney	5:30-6:30 Intervals & Inclines Alina	5:30-6:50 Mac Cycle Nathan			
6:30pm–7:00pm							
7:00pm–7:30pm							

Schedule will be modified during Exam season (Dec 2-22)

Class instructor & type may be subject to change.

Check the McMaster Recreation App or www.marauders.ca/thepulse for updates.