



McMASTER

ATHLETICS & RECREATION

www.marauders.ca

**The Pulse – Fall 2021 Fitness Schedule All Classes are in the Pop up Pulse
unless otherwise noted
Effective October 18th – December 3rd, 2021**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am– 7:50am		7:30-8:20 Yoga Matt					
9:30am– 10:20am							
11:30am– 12:00pm	11:30-12:20 Full Body Strength Victoria		11:30-12:20 Glutes, Torso,Legs Julianna				
12:05pm– 12:55pm							
1:30pm– 2:20pm							
4:00pm– 4:25pm					3:30-4:20 Zumba Natasha		
4:30pm– 5:20pm	5:00-5:30 Core Blast Wynette	4:30-5:20 Bootcamp Jem	4:30-5:00 HIIT Fit Wynette				
5:30pm– 6:20pm	5:30-6:20 Yoga Veronica Mindfulness Studio		5:30-6:20 Zumba Natasha	5:30-6:20 Full Body Strength Julianna			
6:30pm– 7:00pm							
7:00pm- 7:20pm		7:30-8:20 Cardio & Strength Alistair					

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.