McMASTER ATHLETICS & RECREATION
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The Pulse – April Exam Season 2019 Cycling Schedule
Effective April 11th –14th, 2019

Time	Thursday	Friday	Saturday	Sunday
7:00am–7:50am	**9:30 AM - Stress-less Wake-up** Joey **10:30 AM- CSI Theme Song Cycle** Frank **11:30 AM - Battle of the Queens! (Queen vs. Beyonce)** Bri **12:30 PM - Party Anthems** Dean **1:30 PM - Spin to Win!** Dean **2:30 PM - Beat-Drop Pedals** Joey **3:30 PM - Pedal-to-the-Metal** Joey *4:30-5:20 ** **Mac Cycle** Sydney *5:30-6:50 ** **Extended Cycle** Jill **7:30 PM - Sunset Spinners** Beth **8:30 PM - EDM Dance Party!** Rachelle	**All Terrain** Bri		
9:30am–10:20am				
10:30am–11:20pm			**Psychedelic Cycle** Frank	
11:30am–12:00pm		**HIIT It!** Maureen		
12:05pm–12:55pm		*12:00-12:30* **HIIT It!** Maureen		
3:30pm–4:20pm				
4:30pm–5:20pm				
5:30pm–6:20pm				
6:30pm–7:00pm				
7:00pm–7:30pm				

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 for updates.

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The Pulse – April Exam Season 2019 Cycling Schedule
Effective April 15th – 21st, 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am–7:50am	**Mac Cycle** Matt		**Mac Cycle** Joey		The Pulse is closed *No classes are running*		The Pulse is closed *No classes are running*
9:30am–10:20am							
10:30am–11:20pm						**Psychedelic Cycle** Frank	
11:30am–12:00pm				*11:30-12:20* **All Terrain** Bri			
12:05pm–12:55pm			**Way Back Wednesday** Frank				
3:30pm–4:20pm							
4:30pm–5:20pm		**Mac Cycle** Blair		**Mac Cycle** Sydney			
5:30pm–6:20pm	**Intervals & Inclines** Sara	*6:00-6:30* **Begin to Spin** Rachelle	**All Terrain** Beth	*5:30-6:50* **Extended Cycle** Jill			
6:30pm–7:00pm		**HIIT It!** Rachelle	**HIIT It!** Aaron				
7:00pm–7:30pm			**Hills** Aaron				

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

Class instructor & type may be subject to change.
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The Pulse – April Exam Season 2019 Cycling Schedule
Effective April 22nd – 30th, 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am–7:50am	**Mac Cycle** Matt		**Mac Cycle** Joey		**All Terrain** Bri		
9:30am–10:20am							
10:30am–11:20pm						**Psychedelic Cycle** Frank	
11:30am–12:00pm					**HIIT It!** Maureen		
12:05pm–12:55pm			**Way Back Wednesday** Frank		*12:00-12:30* **HIIT It!** Maureen		
3:30pm–4:20pm							
4:30pm–5:20pm		**Mac Cycle** Blair		**Mac Cycle** Sydney			
5:30pm–6:20pm	**Intervals & Inclines** Sara	*6:00-6:30* **Begin to Spin** Rachelle		*5:30-6:50* **Extended Cycle** Jill			
6:30pm–7:00pm		**HIIT It!** Rachelle	**HIIT It!** Aaron				
7:00pm–7:30pm			**Hills** Aaron				

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 for updates.