



# McMASTER

## ATHLETICS & RECREATION

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

### PULSE – GROUP CYCLING SCHEDULE

Effective Feb 23 – April 5, 2025

| Time               | Sunday                    | Monday                      | Tuesday                                | Wednesday                   | Thursday                      | Friday                     |
|--------------------|---------------------------|-----------------------------|--|-----------------------------|-------------------------------|----------------------------|
| 7:00am–<br>7:50am  |                           | Mac Cycle<br>(50)<br>Aaron  |  |                             |                               | Mac Cycle<br>(50)<br>Matt  |
| 12:30pm–<br>1:20pm |                           |                             |  |                             | Mac Cycle<br>(50)<br>Julia    | Mac Cycle<br>(50)<br>Anita |
| 4:30pm –<br>5:20pm |                           |                             |  | Mac Cycle<br>(50)<br>Ruhi   | Soca Cycle<br>(30)<br>Marlice |                            |
| 5:30pm–<br>6:20pm  |                           | Mac Cycle<br>(50)<br>Nathan | HIIT & Hills<br>(50)<br>Julia          |                             | Mac Cycle<br>(50)<br>Nathan   |                            |
| 6:30pm–<br>7:20pm  |                           |                             | Mac Cycle<br>(50)<br>Caitlin           | HIIT & Hills<br>(50)<br>Vit |                               |                            |
| 7:30pm –<br>8:20pm | Mac Cycle<br>(50)<br>Ella |                             | Stretch (30)<br>Caitlin<br>***Studio 1 |                             |                               |                            |