# McMASTER ATHLETICS & RECREATION

www.marauders.ca

**The Pulse – December Exam 2019 Fitness Schedule**
**Effective December 8th – December 20th, 2019**

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 7:00am–7:50am | | | | **Hatha Yoga** Matt | | |
| 9:30am–10:20am | | | | | | |
| 11:30am–12:00pm | | | | | | **Core** Frank |
| 12:05pm–12:55pm | | **Strength Challenge** Heidi | | **Strength Challenge** Lee-Anne | | |
| 1:30pm–2:20pm | | | | | | |
| 4:00pm–4:25pm | | | | | | |
| 4:30pm–5:20pm | | **Boot Camp** Brianna | *4:30-5:00* **Core** Louise<br>*5:00-5:30* **HIIT Fit** Louise | | | |
| 5:30pm–6:20pm | **Yoga** Blair | **Beginner Zumba®** Alejandra | | | | |
| 6:30pm–7:00pm | | | **Yoga** Kerri | | | |
| 7:00pm-7:20pm | | | | | | |

**A new schedule will be released for Term II.**

**Class instructor & type may be subject to change.**
**Check the McMaster Recreation App or www.marauders.ca/thepulse for updates.**