



McMASTER

ATHLETICS & RECREATION

www.marauders.ca

PULSE – December GROUP FITNESS EXAM SCHEDULE

Effective Dec 8 - 14, 2024

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am– 7:50am				Strength and Stretch (50) Abi		
12:30pm– 1:20pm		Strength (50) Lee-Anne	Soca Dance and Cardio (50) Marlice 12:00-12:50pm			Yoga (50) Sarah B Class Held in Mindfulness Centre
4:30pm– 5:20pm		Strength and Core (50) Jonah	Strength and Cardio (50) Kate	HIIT (50) Raneem		
5:30pm– 6:20pm		Yoga (50) Claire Class Held in Mindfulness Centre	Strength and Step (50) Anne-Marie	Circuit Training (50) Meghan		
6:30pm– 7:20pm		Circuit Training (50) 6:30-7:20 Meghan	Zumba (50) Natasha		Yoga (50) Veronica Class Held in Mindfulness Centre	
		Stretch (30) 7:30-8:00 Meghan				

CLASSES WILL TAKE PLACE IN THE FITNESS STUDIO (STUDIO 1)
 Class instructor & type may be subject to change.