



McMASTER

ATHLETICS & RECREATION

www.marauders.ca

PULSE – December GROUP FITNESS EXAM SCHEDULE

Effective Dec 15 - 21, 2024

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am– 7:50am						
12:30pm– 1:20pm		Strength (50) Lee-Anne		Strength (50) Heidi	Strength and Cardio (50) Kate	
4:30pm– 5:20pm		Yoga (50) Claire Class Held in Mindfulness Centre	Strength and Cardio (50) Kate			
5:30pm– 6:20pm			Strength and Step (50) Anne-Marie	Circuit Training (50) Meghan	Yoga (50) Veronica Class Held in Mindfulness Centre	
6:30pm– 7:20pm		Circuit Training (50) 6:30-7:20 Meghan Stretch (30) 7:30-8:00 Meghan		Zumba (50) Rachel		
7:30pm– 8:20pm						

CLASSES WILL TAKE PLACE IN THE FITNESS STUDIO (STUDIO 1)

Class instructor & type may be subject to change.