



**McMASTER**  
**ATHLETICS & RECREATION**  
[www.marauders.ca](http://www.marauders.ca)

**PULSE – Fall 2024 GROUP CYCLING SCHEDULE**  
**Effective Oct 21 – Dec 6, 2024**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am– 7:50am	Mac Cycle (50) Ella	Mac Cycle (50) Matt			
12:00pm– 12:50pm					
5:30pm– 6:20pm	Mac Cycle (50) Nathan	HIIT and Hills (50) Vit		Mac Cycle (50) Nathan	
6:30pm– 7:20pm	HIIT & Hills (50) Julia	Mac Cycle (50) Caitlin	Mac Cycle (50) Julia		

**CLASSES WILL TAKE PLACE IN THE CYCLING STUDIO (STUDIO 2)**  
**Class instructor & type may be subject to change.**  
**Check the @McMasterPulse, and [www.marauders.ca/thepulse](http://www.marauders.ca/thepulse) for updates.**