



McMASTER

ATHLETICS & RECREATION

www.marauders.ca

PULSE – Fall 2024 GROUP FITNESS SCHEDULE

Effective Oct 21 – Dec 6, 2024

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

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