



McMASTER

ATHLETICS & RECREATION

www.marauders.ca

PULSE – GROUP FITNESS EXAM SCHEDULE

Effective April 6 – April 26

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am– 7:50am						
12:30pm– 1:20pm			Strength and Core (50) Raneem	Strength (50) Lee-Anne		
4:30pm– 5:20pm		Barre Fusion (50) Brooke	Strength and Cardio (50) Kate	Soca Dance and Cardio (50) With Marlice	Strength and Cardio (50) Kate	
5:30pm– 6:20pm			Strength and Step (50) Anne-Marie			
6:30pm– 7:20pm		Circuit Training (50) Meghan	Zumba (50) Rachel	Circuit Training (50) Meghan	Zumba (50) Natasha	
7:30pm – 8:20pm						

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

Class instructor & type may be subject to change.