



McMASTER

ATHLETICS & RECREATION

www.marauders.ca

PULSE – GROUP FITNESS SCHEDULE

Effective Feb 23 – April 5, 2025

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	Strength and Core (50) Raneem	Strength (50) Lee-Anne		Yoga (50) Sarah B
4:30pm– 5:20pm		Yoga (50) Claire	Strength and Cardio (50) Kate	Soca Dance and Cardio (50) Marlice	Strength and Cardio (50) Kate	
5:30pm– 6:20pm		Brooke Barre Fusion	HIIT Sarah D	Yoga (50) Veronica	Strength and Step (50) Anne-Marie	
6:30pm– 7:20pm	HIIT (50) Jonah 6:30pm – 7:20pm	Circuit Training (50) 6:30-7:20 Meghan	Strength and Stretch (50) Alistair	Circuit Training (50) Meghan	Zumba (50) Natasha	
		Stretch (30) 7:30-8:00 Meghan				
7:30pm – 8:20pm			Stretch (30) Caitlin	Zumba (50) Rachel	HIIT (50) Skylar	

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