



McMASTER

ATHLETICS & RECREATION

www.marauders.ca

PULSE – Summer 2024 GROUP FITNESS SCHEDULE
Effective July 2nd- Aug 2nd, 2024

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|------------------------|-------------------------------------|----------------------|-----------------------------|--------|
| 7:00am– 7:50am | | Yoga (50) Matt | | | |
| 12:00pm– 12:50pm | Yoga (50) Claire | Strength and Stretch (50) Abi | | Strength (50) Anne-Marie | |
| 4:30pm– 5:20pm | Strength (50) Heidi | | Yoga (50) Atreyee | | |
| 5:30pm– 6:20pm | | Yoga (50) Veronica | | | |
| 6:30pm– 7:20pm | | Zumba(50) Natasha | | | |

CLASSES WILL TAKE PLACE IN LARGE STUDIO (STUDIO 1)

Class instructor & type may be subject to change.

Check the McMaster Recreation App, @McMasterPulse, and www.marauders.ca/thepulse for updates.