



# McMASTER

## ATHLETICS & RECREATION

[www.marauders.ca](http://www.marauders.ca)

### PULSE – Spring 2024 GROUP FITNESS SCHEDULE

Effective June 3<sup>rd</sup> – 28<sup>th</sup>, 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am–7:50am		Yoga (50) Matt			
12:00pm–12:50pm	Strength and Stretch (50) Raneem	Soca Dance Cardio (50) Marlice	Strength (50) Lee-Anne	Strength (50) Anne-Marie	Yoga (50) Sarah 12:30-1:20pm
4:30pm–5:20pm	Yoga (50) Claire	Yoga (50) Atreyee			
5:30pm–6:20pm	Circuit Training (50) Meghan			Circuit Training (50) Meghan	
6:30pm–7:20pm	Mobility (30) Meghan				

**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](http://www.marauders.ca/thepulse) for updates.**