



# McMASTER

## ATHLETICS & RECREATION

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

### PULSE – GROUP CYCLING SCHEDULE

Effective Jan 6 – Feb 14, 2025

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am– 7:50am		<b>Mac Cycle (50)</b> Aaron				<b>Mac Cycle (50)</b> Matt
12:30pm– 1:20pm					<b>Mac Cycle (50)</b> Julia	
4:30pm – 5:20pm				<b>Mac Cycle (50)</b> Ruhi	<b>Soca Cycle (30)</b> Marlice	
5:30pm– 6:20pm		<b>Mac Cycle (50)</b> Nathan	<b>HIIT &amp; Hills (50)</b> Julia		<b>Mac Cycle (50)</b> Nathan	
6:30pm– 7:20pm			<b>Mac Cycle (50)</b> Caitlin	<b>HIIT &amp; Hills (50)</b> Vit		
7:30pm – 8:20pm	<b>Mac Cycle (50)</b> Ella		<b>Stretch (30)</b> Caitlin ***Studio 1			