McMASTER ATHLETICS & RECREATION

McMaster University

Instructional Programs Fall 2022: Your Week at a Glance

ALL = Appropriate for all skill levels BEG = Beginner INT = Intermediate Location: **MC=Mindfulness Ctr., RHS=Rose Hill Studio**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BEG/ INT **Yoga** 7:00pm **MC**	BEG **Ballet Dance** 11:30am **MC**	BEG **Yoga Beginner** 12:30pm **MC**	BEG **Pilates** 11:30am **MC**	BEG **Squash Lessons** 5:20pm **DBAC Courts 1-3**		
	ALL **Yoga Womens' Only** 5:00pm **MC**	BEG/ INT **Ballet Dance** 6:00pm **MC**	INT **Pilates** 12:30pm **MC**	ALL **Yoga Power** 7:30pm **MC**		
	ALL **Yoga Power** 6:00pm **MC**	BEG **Karate** 7:00pm **MC**	BEG **Squash Lessons** 4:40pm **DBAC Courts 1-3**	ALL **Muay Thai** 8:00pm **RHS**		
	ALL **Yoga Relax and Restore** 7:00pm **MC**	INT **Karate** 8:00pm **MC**	BEG **Yoga Beginner** 5:30pm **MC**			
	ALL **Fencing** 8:00pm **Smith Gym**	ALL **Muay Thai** 8:00pm **RHS**	BEG **Ballroom Dance** 6:30pm **MC**			
			BEG **Latin Dance** 7:30pm **MC**			
			BEG **Hip Hop Dance** 8:30pm **MC**			

#MacMoves

When?
Set of programs begins
Sunday Sept. 18, 2022.

McMaster Students get Member Rates!

How To Register?
Registration begins **August 1, 2022**.
Register online at
https://rec.mcmaster.ca/programs/classes

Email reconline@mcmaster.ca for registration inquiries

Check out the David Braley Athletic Centre for great recreational programs!

rec.mcmaster.ca
Questions? Email obrienh@mcmaster.ca