



Instructional Programs **Fall 2024**: Your Week at a Glance

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BEG Yoga 7:00pm MC	BEG Yoga, Women's Only 11:30am MC	BEG Pilates 11:30am MC	BEG Pilates 4:30pm MC	BEG Ballet Dance 11:30am MC	BEG Pilates 11:30am MC	
	BEG Yoga 12:30pm MC	INT Pilates 12:30pm MC	INT Pilates 5:30pm MC	BEG Squash Lessons 4:40pm DBAC Courts 1-3	INT Pilates 12:30pm MC	
	BEG/INT Ballet Dance 5:30pm MC	BEG Yoga 5:00pm MC	BEG/INT Lyrical/Contemporary Dance 5:30pm FHS	BEG Yoga Beginner 5:00pm MC	BEG Latin/Ballroom Dance Combo, Workshop (4 class workshop) Oct 25 – Nov 15 5:30-7:25pm MC	
	BEG Kickboxing 7:00pm FHS	ALL Yoga Relax and Restore 6:00pm MC	BEG Ballroom Dance 6:30pm MC	INT Latin Dance 7:00pm FHS		
	BEG Kathak Indian Dance 7:30pm MC	BEG Karate 7:00pm MC	ALL Self Defense for Everyone (4 class workshop) Oct 2-30 or Nov 6-27 6:30pm FHS	BEG Karate 7:00pm MC	<div style="border: 1px solid black; padding: 5px;"> <p>When? Set of programs begins Sunday Sept. 15, 2024.</p> <p>McMaster Students get Member Rates!</p> <p>How To Register? Registration begins August 1, 2024. Register online at https://rec.mcmaster.ca/programs/classes</p> <p>Email reonline@mcmaster.ca for registration inquiries</p> </div>	
	ALL Fencing 8:00pm Smith Gym	ALL Muay Thai 7:30pm RHS	BEG Latin Dance 7:30pm MC	ALL Muay Thai 7:30pm RHS		
		INT/ADV Karate 8:00pm MC	ALL Introduction to Wrestling 7:30pm RHS	INT/ADV Karate 8:00pm MC		
			BEG Hip Hop Dance 8:30pm MC			
		<p>First Week Free to Try! (exceptions: Squash Lessons, Self Defense & Latin/Ballroom Workshops)</p>				
				<p>Check out the David Braley Athletic Centre for great recreational programs! rec.mcmaster.ca</p> <p>Questions? Email obrienh@mcmaster.ca</p>		