



Instructional Programs Spring 2025: Your Week at a Glance

ALL = Appropriate for all skill levels BEG = Beginner INT = Intermediate Location: MC=Mindfulness Ctr., RHS=Rose Hill Studio, FHS=Fitzhenry Studio W203

Sunday Monday		Tuesday	Wednesday	Thursday	Friday	Saturday
Odriday	Wioriday	BEG & INT Pilates 12:00pm MC	BEG Yoga 4:30pm MC	BEG & INT Pilates 4:30pm MC	Triday	ALL Fun in Athletics Children 6-12 11:00am-12:00pm Indoor Track
		BEG & INT Karate (Day 1 of 2) 7:30pm MC	ALL Kickboxing 6:00pm FHS	BEG & INT Karate (Day 2 of 2 7:30pm MC	2)	
		BEG Hip Hop 8:00pm FHS	ALL Latin/Ballroom Dance Combo 4 week workshop (2 hrs per class) 6:00pm MC	ALL Muay Thai 7:30pm RHS		
			ALL Fencing 7:30pm Smith Gym			
		First Week F	Free to Try! Exception:	See Sa	When? Set of programs begins Saturday May 3, 2025. McMaster Students get Member Rates! How To Register? Registration begins April 1, 2025. Register online at https://rec.mcmaster.ca/programs/classes Email reconline@mcmaster.ca for registration	
		4 class Wed. Latin/Ba			ıuiries	ior registration
			Check ou	t the David Braley Athletic Centre for great recreational programs!		
				rec.mcmaster.ca stions? Email obrienh@mcmaster.ca		