



Instructional Programs Summer 2024: Your Week at a Glance

ALL = Appropriate for all skill levels **BEG** = Beginner **INT** = Intermediate Location: **MC**=Mindfulness Ctr., **FHS**= Fitzhenry Studio (W203),

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		BEG & INT Pilates 12:00pm MC	ALL Fencing 7:30pm Smith Gym	ALL Karate (Day 2 of 2 days) 7:30pm MC		
		ALL Kickboxing 6:00pm FHS				
		ALL Karate (Day 1 of 2 days) 7:30pm MC				
		<p>FULL SLATE OF NUMEROUS PROGRAMS WILL RETURN IN FALL 2024</p> <p>https://rec.mcmaster.ca/programs/classes</p>				
				<p>When? Set of programs begins <u>Tuesday July 9, 2024.</u></p> <p><u>McMaster Students get Member Rates!</u></p> <p>How To Register? Registration opens April 1, 2024. Register online at https://rec.mcmaster.ca/programs/classes</p> <p>Email reconline@mcmaster.ca for registration inquiries</p>		

#MacMoves

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

rec.mcmaster.ca

Questions? Email obrienh@mcmaster.ca