



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BEG Pilates 4:00pm MC	BEG/INT Ballet Dance 11:30am MC	BEG Pilates 11:30am MC	BEG Squash Lessons 4:40pm DBAC Courts 1-3	BEG Pilates 11:30am MC	
	INT Pilates 5:00pm MC	BEG Yoga 12:30pm MC	INT Pilates 12:30pm MC	BEG Ballet Dance 6:00pm MC	INT Pilates 12:30pm MC	
	BEG Yoga 6:00pm MC	ALL Yoga Women's Only 1:30pm MC	BEG Squash Lessons 4:40pm DBAC Courts 1-3	INT Latin Dance 7:00pm FHS		
	ALL Yoga Relax and Restore 7:00pm MC	BEG Squash Lessons 5:20pm DBAC Courts 1-3	BEG/INT Yoga 5:30pm MC	BEG Karate 7:00pm MC		
	ALL Kickboxing Fundamentals 7:00pm FHS	BEG/INT Lyrical/Contemporary Dance 6:00pm MC	BEG Ballroom Dance 6:30pm MC	INT ADV Karate 8:00pm MC		
	BEG Hip Hop Dance 8:00pm MC	BEG Karate 7:00pm MC	ALL Self Defense for Everyone 6:30pm FHS	ALL Muay Thai 8:00pm RHS	<div>When? Set of programs begins Monday January 15, 2024.</div> <div><i>McMaster Students get Member Rates!</i></div> <div>How To Register? Registration begins December 1, 2023. Register online at https://rec.mcmaster.ca/programs/classes</div> <div>Email reonline@mcmaster.ca for registration inquiries</div>	
	ALL Fencing 8:00pm Smith Gym	INT ADV Karate 8:00pm MC	BEG Latin Dance 7:30pm MC			
		ALL Muay Thai 8:00pm RHS	BEG Hip Hop Dance 8:30pm MC			
			ALL Introduction to Wrestling 8:30pm RHS			
		First Week Free to Try! (exceptions: Squash Lessons and Self Defense)				
				Check out the David Braley Athletic Centre for great recreational programs!		
				rec.mcmaster.ca		
				Questions? Email obrienh@mcmaster.ca		