



McMASTER
ATHLETICS & RECREATION
www.marauders.ca

PULSE – GROUP CYCLING READING WEEK SCHEDULE
 Effective Feb 15 – Feb 22

| Time | Tuesday | Wednesday | Thursday | Friday |
|-----------------|-------------------------------------|--------------------------|--------------------------|------------------------|
| 7:00am– 7:50am | | | | Mac Cycle (50) Matt |
| 12:30pm– 1:20pm | | | | |
| 4:30pm – 5:20pm | | | | |
| 5:30pm– 6:20pm | | | Mac Cycle (50) Nathan | |
| 6:30pm– 7:20pm | Mac Cycle (50) Caitlin | HIIT & Hills (50) Vit | | |
| 7:30pm – 8:20pm | Stretch (30) Caitlin ***Studio 1 | | | |