INSTRUCTIONAL PROGRAMS SPRING 2019

YOUR WEEK AT A GLANCE

ALL All skill levels
BEG Beginner
INT Intermediate
ADV Advanced

LOCATIONS
RH = Rose Hill Studio
MC = Mindfulness Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BEG & INT **Pilates** 12:00pm MC	BEG **Yoga** 12:00pm MC	BEG **Yoga** 12:00pm MC	BEG **Yoga** 5:30pm MC		
	BEG **Yoga** 5:00pm MC	BEG **Hip Hop** 5:00pm MC	BEG **Ballet** 4:30pm MC	BEG INT **Yoga: Flow** 6:30pm MC		
	ALL **Yoga: Power** 6:00pm MC	BEG & INT **Belly Dance** 6:00pm MC	BEG INT **Ballet** 5:30pm MC	ALL **Karate • Day 2** 7:30pm MC		
	ALL **Introduction to Meditation** 7:00pm MC	BEG **Squash Lessons** 6:00pm DBAC Courts 1-3	BEG **Squash Lessons** 6:40pm DBAC Courts 1-3	ALL **Muay Thai** 8:00pm RH		***Programs Open to Everyone High School Age and Up***
	ALL **Krav Maga Self Defense** 7:30pm RH	ALL **Karate • Day 1** 7:30pm MC	ALL **Fencing** 7:30pm Smith Gym			

#MacMoves

FIRST WEEK OF CLASSES ARE FREE TO TRY!*

WHEN?

Set of programs begins **Monday May 6th, 2019**
McMaster Students get Member Rates!

HOW TO REGISTER

Registration begins Monday April 1, 2019
Register online, by mail, or in person at the Registration Office **DBAC WG 101**
905.525.9140 x24464 | reconline@mcmaster.ca

*Exceptions: Squash, if class is full.

Check out the David Braley Athletic Centre for great recreational programs!
Questions? Email **obrienh@mcmaster.ca** or visit **marauders.ca/instructional**

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