McMASTER ATHLETICS & RECREATION
www.marauders.ca/instructional

McMaster University

Instructional Programs Spring 2018: Your Week at a Glance

ALL = Appropriate for all skill levels BEG = Beginner INT = Intermediate ***Location***: **RH = Rose Hill Studio, FS = Fitzhenry Studio W202/203 MC = Mindfulness Centre**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BEG & INT **Pilates** 12:00pm **MC**	BEG & INT **Belly Dance** 5:30pm **FS**	BEG **Yoga** 12:00pm **MC**	ALL **Karate • Day 2** 7:30pm **MC**		ALL **Run,Jump,Throw (Ages 6-12)** 10:00am ***Begins Sat. April 28*** **Indoor Track**
	ALL **Yoga: Power** 6:00pm **MC**	ALL **Krav Maga Self Defense** 7:00pm **RH**	BEG **Ballet** 4:30pm **FS**	ALL **Muay Thai** 8:00pm **RH**		
		ALL **Karate • Day 1** 7:30pm **MC**	BEG **Yoga** 4:30pm **MC**			
			BEG INT **Ballet** 5:30pm **FS**			
			ALL **Yoga: Power** 5:30pm **MC**			
			ALL **Introduction to Meditation** 6:30 pm **MC**			
			BEG **Hip Hop** 7:00pm **FS**			
			ALL **Fencing** 7:30pm **MC**			

Programs open to everyone! All McMaster students get member pricing!

-Registration begins April 1, 2018 for both spring and summer programs.(summer schedule available on website)
-Programs begin Monday, May 7.

How To Register
Register online, via mail, or in person in the Business Office WG 101
905-525-9140 ext 24464 www.marauders.ca/instructional
or email Heidi O'Brien at obrienh@mcmaster.ca