



Instructional Programs Winter 2018: Your Week at a Glance

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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|----------------------------------|--|--|--|---|--|---|--|
| BEG INT Yoga 7:30pm MC | ALL Meditation 9:30am MC | BEG Ballet 10:30am FS | BEG Yoga 12:30pm MC | ALL Meditation 4:30pm MC | BEG INT Yoga: Flow 12:30pm MC | ALL Run, Jump, Throw. Indoor Track Program (Ages 6-12) 10:00am | |
| | BEG Pilates 11:30am MC | INT Ballet 11:30am FS | BEG & INT Tai Chi 5:30pm MC | BEG Yoga 6:00pm MC | ALL Self Defense for Women 5:30pm MC *March 2, 9, 16* | | |
| | INT Pilates 12:30pm MC | BEG Yoga: Men Only, "Never too late" Non- Students 12:00pm MC | ALL Yoga: Power 6:30pm MC | BEG Latin Dance 6:00pm FS | BEG Ballroom Dance 1 5:30pm FS | | |
| | BEG INT Ballet 2:30pm FS | BEG Belly Dance 5:00pm FS | BEG Hip Hop Dance 7:00pm FS | ALL Yoga: Restorative 7:00pm MC | BEG INT Ballroom 2 6:30pm FS | | |
| | BEG Ballet 4:00pm FS | BEG Squash 5:20pm DBAC Courts 1-3 | ALL Triathlon Training (Day 2) 7:00pm Cycling Studio | INT Latin Dance 7:00pm FS | ALL Haidong Gumdo 7:00pm MC (Day 2) | | |
| | BEG Yoga 5:00pm MC | BEG Yoga: Women's Only 6:00pm MC | ALL Yoga: Fascial Stretch 7:30pm MC | ALL Muay Thai 8:30pm RH | | | |
| | BEG INT Lyrical/Contemporary Dance 5:00pm FS | ALL Yoga: Power 7:00pm MC | ADV Karate (Day 2) 8:00pm FS | | | | |
| | ALL Yoga: Power 6:00pm MC | ALL Muay Thai 8:00pm RH | BEG Karate (Day 2) 9:00pm FS | | | | |
| | BEG Squash 6:40pm DBAC Courts 1-3 | BEG INT Yoga: Flow 8:00pm MC | | | | | |
| | ALL Haidong Gumdo 7:00pm MC (Day 1) | | | | | | |
| | BEG Lindy Hop Swing Dance 7:00pm FS | | | | | | |
| | ALL Triathlon Training (Day 1) 7:00pm Indoor Track | # CHOOSE BETTER | | | | | |
| | BEG Karate (Day 1) 8:00pm FS | | | | | | |
| | ALL Krav Maga Self Defense 8:30pm RH | | | | | | |
| | ADV Karate (Day 1) 9:00pm FS | | | | | | |

When?
Set of programs begins
Sunday January 14, 2018.

**First week of classes
FREE to try!!**

Exceptions:
Squash, if class is full, and Self Defense for Women
McMaster Students get Member Rates!

How To Register?
Registration begins **December 1, 2017.**
Register online, by mail, or in person at the
Recreation Business Office WG 101 DBAC
905-525-9140 x 24464 reconline@mcmaster.ca

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

marauders.ca/instructional

Questions? Email obrienh@mcmaster.ca