



Instructional Programs Winter 2023: Your Week at a Glance

ALL = Appropriate for all skill levels **BEG** = Beginner **INT** = Intermediate Location: **MC**=Mindfulness Ctr., **RHS**=Rose Hill Studio

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------|---|---|---|------------------------------------|--|----------|
| BEG/INT Yoga 7:00pm MC | BEG Ballet Dance 11:30am MC | BEG Yoga Beginner 12:30pm MC | BEG Pilates 11:30am MC | ALL Yoga Power 5:00pm MC | BEG Latin/Ballroom Dance Combo, Workshop Feb 10-March 10 5:30-7:30pm MC | |
| | ALL Yoga Womens' Only 5:00pm MC | BEG Pilates 4:00pm MC | INT Pilates 12:30pm MC | BEG Karate 7:00pm MC | | |
| | BEG Squash Lessons 5:20pm DBAC Courts 1-3 | INT Pilates 5:00pm MC | BEG Squash Lessons 4:40pm DBAC Courts 1-3 | INT Karate 8:00pm MC | | |
| | ALL Yoga Power 6:00pm MC | BEG Squash Lessons 5:20pm DBAC Courts 1-3 | BEG Yoga Beginner 5:30pm MC | ALL Muay Thai 8:00pm RHS | | |
| | ALL Yoga Relax and Restore 7:00pm MC | BEG/INT Ballet Dance 6:00pm MC | BEG Ballroom Dance 6:30pm MC | | | |
| | ALL Fencing 8:00pm Smith Gym | BEG Karate 7:00pm MC | BEG Latin Dance 7:30pm MC | | | |
| | BEG Hip Hop Dance 8:00pm MC | INT Karate 8:00pm MC | BEG Hip Hop Dance 8:30pm MC | | | |
| | | ALL Muay Thai 8:00pm RHS | | | | |
| | | <p>First Week Free to Try! (exception: Squash Lessons) #MacMoves</p> | | | | |
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When?
Set of programs begins
Sunday Jan 15, 2023.

McMaster Students get Member Rates!

How To Register?
Registration begins **December 1, 2022.**
Register online at
<https://rec.mcmaster.ca/programs/classes>

Email reconline@mcmaster.ca for registration inquiries

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

rec.mcmaster.ca
Questions? Email obrienh@mcmaster.ca