



Instructional Programs **WINTER 2025**: Your Week at a Glance

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BEG Yoga 7:00pm MC	BEG Squash Lessons 4:00pm DBAC Courts 1-3	BEG Pilates 11:30am MC	BEG Yoga Women's Only 11:30am MC	BEG Ballet Dance 11:30am MC	BEG Pilates 11:30am MC	
	BEG Pilates 4:30pm MC	INT Pilates 12:30pm MC	BEG Yoga 12:30pm MC	BEG Yoga Beginner 5:00pm MC	INT Pilates 12:30pm MC	
	BEG/INT Ballet Dance 5:30pm MC	BEG Yoga 5:00pm MC	BEG Pilates 4:30pm MC	INT Latin Dance 7:00pm FHS	BEG Latin/Ballroom Dance Combo, Workshop (4 class workshop) Feb 7-Mar 7 5:30-7:25pm MC	
	BEG Kickboxing 6:00pm FHS	ALL Yoga Relax and Restore 6:00pm MC	INT Pilates 5:30pm MC	BEG Karate (Day 2 of 2) 7:00pm MC		
	BEG Kathak Indian Dance 6:30pm MC	BEG Karate (Day 1 of 2) 7:00pm MC	BEG/INT Lyrical/Contemporary Dance 5:30pm FHS	ALL Muay Thai 7:30pm RHS	<p>When? Set of programs begins Sunday Jan. 12, 2025.</p> <p>McMaster Students get Member Rates!</p> <p>How To Register? Registration begins Dec. 1, 2024. Register online at https://rec.mcmaster.ca/programs/classes</p> <p>Email reconline@mcmaster.ca for registration inquiries</p>	
	ALL Fencing 8:00pm Smith Gym	ALL Muay Thai 7:30pm RHS	BEG Ballroom Dance 6:30pm MC	INT ADV Karate (Day 2 of 2) 8:00pm MC		
		INT ADV Karate (Day 1 of 2) 8:00pm MC	ALL Self Defense for Everyone (4 class workshop) Jan 15 - Feb 5 6:30pm FHS			
			BEG Latin Dance 7:30pm MC			
			ALL Introduction to Wrestling 7:30pm RHS			
			BEG Hip Hop Dance 8:30pm MC			
		<p>First Week Free to Try! Exceptions: Squash Lessons, 4 class Self Defense and Fri. Latin/Ballroom Workshop</p>		<p>Programs held in the David Braley Athletic Centre rec.mcmaster.ca Questions? Email obrienh@mcmaster.ca</p>		