



# McMASTER

## ATHLETICS & RECREATION

[www.marauders.ca](http://www.marauders.ca)

### **PULSE – Winter Exam 2024 GROUP FITNESS SCHEDULE** **Effective April 22<sup>nd</sup> -26<sup>th</sup>, 2024**

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
4:30pm– 5:20pm			Zumba (50) Monica		
5:30pm– 6:20pm	Circuit Training (50) Meghan			Circuit Training (50) Meghan	

**CLASSES WILL TAKE PLACE IN LARGE STUDIO (STUDIO 1)**

**Class instructor & type may be subject to change.**

**Check the McMaster Recreation App, @McMasterPulse, and [www.marauders.ca/thepulse](http://www.marauders.ca/thepulse) for updates.**

**Please refer to the Exam Yoga schedule for yoga classes taking place in the Mindfulness Centre**