



McMASTER

ATHLETICS & RECREATION

www.marauders.ca

PULSE – Winter 2024 CYCLE SCHEDULE **Effective February 26th – April 12th, 2024**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am–7:50am	Mac Cycle (50) Aaron			Mac Cycle (50) Matt	
12:00pm–12:50pm					HIIT Cycle (30) Maureen 12-12:30pm
					HIIT Cycle (30) Maureen 12:30-1pm
4:30pm–5:20pm		Mac Cycle (50) Nicholas	Mac Cycle (50) Janice		
5:30pm–6:20pm	HIIT Cycle (30) Nathan 5:30-6:00			Begin to Cycle (30) Sydney 5:30-6:00	
	Mac Cycle(50) Nathan 6:00-6:50			Begin to Cycle (30) Sydney 6:00 -6:30	
6:30pm–7:20pm		Mac Cycle (50) Nathan		Mac Cycle (50) Nicholas 6:40-7:30	

CLASSES WILL TAKE PLACE IN CYCLING STUDIO (STUDIO 2)

Class instructor & type may be subject to change.

Check the McMaster Recreation App, @McMasterPulse, and www.marauders.ca/thepulse for updates.