



McMASTER

ATHLETICS & RECREATION

www.marauders.ca

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am– 7:50am		Yoga (50) Matt		Strength and Stretch (50) Laura	
12:00pm– 12:50pm	Strength and Stability (50) Lena	Yoga (50) Atreyee	Strength (50) Lee-Anne	Soca Dance Cardio (50) Marlice	Yoga (50) Sarah 12:30-1:20pm
4:30pm– 5:20pm	Yoga (50) Claire	Core and Stretch (50) Laura	Yoga (50) Amy	Zumba (50) Rachel	
5:30pm– 6:20pm	Circuit Training (50) Meghan	Yoga (50) Veronica	Zumba (50) Monica	Circuit Training (50) Meghan	
6:30pm– 7:20pm	Strength and Cardio (50) Kadyn	HIIT(50) Alistair		Strength and Cardio (50) Kadyn	

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 for updates.