

FITWELL CLASS SCHEDULE FALL 2026

AUGUST 26 - DECEMBER 11

*This schedule is subject to change and will be modified during Fall Break, Thanksgiving Break, and the final exam period.
Please check the W&M Wellness App for the most up-to-date FitWell Class schedule.*

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

BEE MCLEOD RECREATION CENTER - MCLEOD STUDIO (MAIN LEVEL)

7:00-7:45 AM BODYPUMP 45™ Doug	6:30-7:15 AM STRENGTH DEVELOPMENT™ Doug	7:00-7:45 AM BODYPUMP 45™ Doug	6:30-7:15 AM STRENGTH DEVELOPMENT™ Terry	7:00-7:45 AM BODYPUMP 45™ Terry	10:00-11:00 AM BODYPUMP™ Katie	11:30 AM-12:20 PM PILATES Mallory
10:00-10:45 AM BARRE 45 Charlotte	8:00-8:45 AM HIIT PILATES Lauren	8:00-8:45 AM HIIT CIRCUIT Kelly	4:15-5:05 PM BARRE Ellie	8:00-8:50 AM PILATES Michaela	11:30 AM-12:20 PM BARRE Sophie S.	4:00-4:50 PM CARDIO DANCE Cameron
3:00-3:45 PM STRENGTH DEVELOPMENT™ Laine	4:15-5:05 PM PILATES Michaela	12:15-1:00 PM BODYPUMP 45™ Maggie	5:30-6:15 PM STRENGTH DEVELOPMENT™ Candice	2:00-2:50 PM BARRE Abhaya		
4:15-5:00 PM HIIT CIRCUIT Cameron	5:30-6:20 PM BARRE Sydney	3:00-3:45 PM STRENGTH DEVELOPMENT™ Laine	7:00-8:00 PM BODYPUMP™ Lucy	3:00-4:00 PM BODYPUMP™ Judith		
5:30-6:20 PM ZUMBA Issa	6:45-7:45 PM BODYPUMP™ Judith	4:15-5:05 PM PILATES Michaela		4:15-5:00 PM HIIT CIRCUIT Virginia		
7:00-8:00 PM BODYPUMP™ Katie		5:30-6:30 PM STEP Kim				
		6:45-7:15 PM FOAM ROLL 30 Kim				

BEE MCLEOD RECREATION CENTER - TYLER STUDIO (MID-LEVEL)

7:30-8:20 AM CYCLING AS CROSS-TRAINING Kelly	7:00-7:50 AM CYCLING Katherine	7:00-7:50 AM CYCLING Lauren	8:00-8:50 AM CYCLING Katherine	7:30-8:20 AM CYCLING Mila	11:00 AM- 12:00 PM CYCLING & CORE Lauren	4:15-5:15 PM BARRECYCLE Ellie & Mila
4:15-5:05 PM CYCLING Cobly	4:15-5:05 PM CYCLING Kelly	4:15-5:05 PM CYCLING Orli	5:30-6:30 PM BARRECYCLE Sydney & Cami	9:00-10:00 AM CYCLING & YOGA Jenny		
5:30-6:20 PM CYCLING Sophie P.	5:30-6:30 PM CYCLING + STRENGTH Candice	5:30-6:30 PM BARRECYCLE Abhaya & Colby	6:45-7:35 PM CYCLING Emily			
7:00-8:00 PM CARDIO DANCE + CYCLING Virginia & Orli		7:00-7:50 PM CARDIO DANCE Virginia				

MCLEOD TYLER WELLNESS CENTER - STUDIO A

9:00-9:50 AM YOGA Kenza	7:45-8:35 AM YOGA Lexi	9:00-9:50 AM YOGA Lila	7:45-8:35 AM VINYASA YOGA Patti	9:00-9:50 AM YOGA Kenza	7:00-7:50 PM CANDLELIGHT YOGA Aleena
5:30-6:20 PM VINYASA YOGA Lexi	12:00-12:30 PM VIRTUAL MID-DAY MEDITATION Martha	4:15-5:05 PM SLOW FLOW YOGA Patti	9:00-9:45 AM TRAUMA-INFORMED YOGA Patti	3:30-4:20 PM VINYASA YOGA Lindsay	
8:00-8:30 PM VIRTUAL NON-SLEEP DEEP REST Patti *Starts Sept 14	4:15-5:05 PM MINDFUL MOVEMENT & MEDITATION Martha	5:15-6:05 PM YIN YOGA Patti	5:30-6:20 PM YOGA Rachel		
	5:15-6:05 PM RESTORATIVE YOGA Martha	7:00-7:50 PM YOGA Madeline			

An active FitWell membership is required to take FitWell classes on campus.

**Full-time students can register for a free FitWell Membership.
Scan the QR code to get started.**

