

FITWELL CLASS SCHEDULE FALL 2025

OCTOBER 13-DECEMBER 5

This schedule is subject to change. 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	6:45-7:15 AM GRIT STRENGTH™ Doug	7:00-7:45 AM STRENGTH DEVELOPMENT™ Terry	6:45-7:15 AM GRIT CARDIO™ Terry	7:00-7:45 AM BODYPUMP 45™ Doug	9:15-10:15 AM BODYPUMP™ Judith	11:30 AM-12:20 PM BARRE Charlotte
9:00-9:50 AM BARRE Sarah M	5:30-6:15 PM STRENGTH DEVELOPMENT™ Doug	4:15-5:05 PM PILATES Kelly	7:30-8:30 AM STRENGTH DEVELOPMENT Candice	3:00-3:45 PM CARDIO DANCE Favour	10:30-11:30 AM STEP Caroline	5:00-5:50 PM CARDIO DANCE Cameron
4:15-5:05 PM Barre Sydney M.	6:30-7:30 PM BODYPUMP™ Grace	5:30-6:30 PM STEP Kim	9:00-9:50 AM PILATES Caroline	4:15-5:05 PM BARRE Sydney M	12:00-12:50 PM PILATES Abby	
5:30-6:30 PM BODYPUMP™ Terry		7:00-7:50 PM CARDIO DANCE Virginia	4:00-4:50 PM BARRE Abhaya	5:30-6:30 PM FOAM ROLL FRIDAYS Kim *Until 11/14		
		8:15-9:15 PM BODYPUMP™ Judith	5:30-6:15 PM CARDIO KICKBOXING Grace H			
			6:30-7:30 PM BODYPUMP™ Lucy			

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

7:00-7:50 AM CYCLING Faith	7:30-8:20 AM CYCLING Mila	7:00-7:50 AM CYCLING Faith	7:30-8:20 AM CYCLING Atticus	7:30-8:30 AM CYCLING BOOTCAMP Atticus	9:15-10:05 AM SATURDAY STARTER CYCLING Katherine C
4:15-5:05 PM CYCLING Katherine C	4:15-5:05 PM CYCLING Kelly	4:15-5:15 PM CYCLING & STRENGTH Candice	4:15-5:05 PM CYCLING Kelly	9:00-10:00 AM CYCLING & YOGA Jenny	
5:30-6:20 PM CYCLING Katherine L	5:30-6:30 PM BARRE CYCLE Abhaya & Colby	5:30-6:30 PM BARRE CYCLE Katherine L	5:30-6:30 PM BARRE CYCLE Sarah M & Mila	3:30-4:20 PM WEEKEND WARM-UP CYCLING Lauren	
			6:45-7:35 PM CYCLING Colby		

MCLEOD TYLER WELLNESS CENTER- STUDIO A

4:15-5:05 PM VINYASA YOGA Lindsay	7:45-8:35 AM YOGA Martha	8:30-9:20 AM YOGA Sydney G	7:45-8:35 AM YOGA Patti	9:00-9:50 AM VINYASA YOGA Sydney G
5:30-6:30 PM TOUR DE DANCE Valerie	1:00-1:45 PM TRAUMA INFORMED YOGA Patti	1:00-2:00 PM ART THERAPY Julianne	4:15-5:05 PM VINYASA YOGA Katherine R	4:30-5:20 PM VINYASA YOGA Alexis
	3:30-3:50 PM GUIDED MEDITATION Martha in Studio B	4:30-5:20 PM SLOW FLOW VINYASA Patti	5:30-6:20 PM YOGA Alexis	
	4:00-4:50 PM RESTORATIVE YOGA Martha	5:30-6:20 PM YOGA FOR SELF-CARE Patti		
	5:30-6:20 PM YOGA Katherine R			



An active FitWell membership is required to take FitWell classes on campus.
Full-time students are eligible for a **FREE** membership, scan the QR code to get started.