

# FITWELL CLASS SCHEDULE SPRING 2026

## MARCH 16 - MAY 1

*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 <b>BODYPUMP 45™</b> Doug	7:00-7:45 AM <b>STRENGTH DEVELOPMENT™</b> Doug	7:00-7:45 AM <b>BODYPUMP 45™</b> Terry	7:00-7:45 AM <b>STRENGTH DEVELOPMENT™</b> Doug	7:00-7:45 AM <b>BODYPUMP 45™</b> Doug & Maggie	10:00-11:00 AM <b>BODYPUMP™</b> Judith	11:30 AM-12:20 PM <b>BARRE</b> Abhaya & Sophie
8:00-8:50 AM <b>PILATES</b> Kelly & Michaela	3:15-4:05 PM <b>BARRE</b> Abhaya	8:00-8:50 AM <b>PILATES</b> Caroline & Mallory	4:15-5:05 PM <b>BARRE</b> Sarah	3:00-4:00 PM <b>BODYPUMP</b> Judith	12:00-12:50 PM <b>PILATES</b> Caroline	3:00-3:50 PM <b>CARDIO DANCE</b> Cameron
4:15-5:05 PM <b>PILATES</b> Abby	4:15-5:00 PM <b>STRENGTH DEVELOPMENT™</b> Candice & Laine	4:15-5:05 PM <b>BARRE</b> Abhaya & Ellie	5:30-6:15 PM <b>STRENGTH DEVELOPMENT™</b> Candice	4:15-5:05 PM <b>BARRE</b> Sydney M		
5:30-6:15 PM <b>STRENGTH DEVELOPMENT™</b> Terry	5:30-6:30 PM <b>STEP</b> Caroline	5:30-6:30 PM <b>STEP</b> Kim	7:00-7:45 PM <b>CARDIO KICKBOXING</b> Grace H			
7:00-8:00 PM <b>BODYPUMP™</b> Grace & Katie	6:45-7:45 PM <b>BODYPUMP™</b> Grace	7:00-8:00 PM <b>BODYPUMP™</b> Lucy				

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

7:00-7:50 AM <b>CYCLING</b> Faith	7:00-7:50 AM <b>CYCLING</b> Katherine C & Camilla	7:00-7:50 AM <b>CYCLING</b> Faith	7:30-8:20 AM <b>CYCLING</b> Katherine C	7:30-8:20 AM <b>CYCLING</b> Colby & Orli		
8:00-8:50 AM <b>CYCLING AS CROSS-TRAINING</b> Atticus	4:15-5:05 PM <b>CYCLING</b> Kelly	8:00-9:00 AM <b>BARRE CYCLE</b> Atticus & Sarah	4:15-5:05 PM <b>CYCLING</b> Katherine L	9:00-10:00 AM <b>CYCLING &amp; YOGA</b> Jenny		
4:15-5:05 PM <b>CYCLING</b> Mila	5:30-6:20 PM <b>CYCLING</b> Katherine L & Emily	4:15-5:05 PM <b>CYCLING</b> Colby				
5:30-6:30 PM <b>BARRE CYCLE</b> Colby & Sydney		5:30-6:30 PM <b>CYCLING + STRENGTH</b> Candice				
		7:00-7:50 PM <b>CARDIO DANCE</b> Virginia				

### MCLEOD TYLER WELLNESS CENTER - STUDIO A

10:00-10:50 AM <b>YOGA</b> Julia	7:45-8:35 AM <b>YOGA</b> Martha	8:30-9:20 AM <b>VINYASA YOGA</b> Alexis	7:45-8:35 AM <b>YOGA</b> Patti & Rachel	3:30-4:20 PM <b>VINYASA YOGA</b> Lindsay	7:00-7:50 PM <b>CANDLELIGHT YOGA</b> Julia & Abby
4:15-5:05 PM <b>YOGA</b> Patti & Kenza	3:30-3:50 PM <b>GUIDED MEDITATION</b> Martha, Studio B	5:15-6:05 PM <b>YIN YOGA</b> Patti	11:00-11:45 AM <b>TRAUMA-INFORMED YOGA</b> Patti		
5:30-6:20 PM <b>YOGA</b> Alexis & Aleena	4:00-4:50 PM <b>RESTORATIVE YOGA</b> Martha	6:15-7:05 PM <b>YOGA</b> Patti & Madeline	12:15-1:05 PM <b>YOGA</b> Patti & Lila		
	5:30-6:20 PM <b>YOGA</b> Katherine R		5:30-6:20 PM <b>VINYASA YOGA</b> 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.**