

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

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

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

MCLEOD TYLER WELLNESS CENTER - STUDIO A

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