

FITWELL CLASS SCHEDULE SPRING 2026

JANUARY 21-MARCH 6

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	10:00-11:00 AM BODYPUMP™ Judith	11:30 AM-12:20 PM BARRE Sydney
4:15-5:05 PM PILATES Kelly	4:15-5:05 PM BARRE Abhaya	4:15-5:05 PM PILATES Abby	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
5:30-6:30 PM STRENGTH DEVELOPMENT™ Terry	5:30-6:30 PM STEP Caroline	5:30-6:30 PM STEP Kim	5:30-6:30 PM STRENGTH DEVELOPMENT™ Candice	4:15-5:05 PM BARRE Sydney M		
7:00-7:50 PM CARDIO DANCE Favour	6:45-7:45 PM BODYPUMP™ Grace	7:00-8:00 PM BODYPUMP™ Lucy	7:00-7:45 PM CARDIO KICKBOXING Grace H			

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

8:00-8:50 AM CYCLING AS CROSS-TRAINING Atticus	7:00-7:50 AM CYCLING Katherine C	7:00-7:50 AM CYCLING Faith	7:30-8:20 AM CYCLING Katherine C	7:30-8:20 AM CYCLING Faith		
4:15-5:05 PM CYCLING Mila	4:15-5:05 PM CYCLING Kelly	8:00-9:00 AM BARRE CYCLE Atticus and Sarah	4:15-5:05 PM CYCLING Katherine L	9:00-10:00 AM CYCLING & YOGA Jenny		
5:30-6:30 PM BARRE CYCLE Colby and Sydney	5:30-6:20 PM CYCLING Katherine L	4:15-5:15 PM CYCLING & STRENGTH Candice				
		5:30-6:20 PM CYCLING Colby				
		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 YOGA Alexis	7:45-8:35 AM YOGA Patti	3:30-4:20 PM VINYASA YOGA Lindsay	7:00-7:50 PM CANDLELIGHT YOGA Julia
4:15-5:05 PM YOGA Lindsay	3:30-3:50 PM GUIDED MEDITATION Martha, Studio B	4:15-5:05 PM YOGA Patti	11:00-11:45 AM TRAUMA-INFORMED YOGA Patti		
5:30-6:20 PM VINYASA YOGA Alexis	4:00-4:50 PM RESTORATIVE YOGA Martha	5:15-6:05 PM YIN YOGA Patti	5:30-6:20 PM VINYASA YOGA Katherine R		
	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.**