

FITWELL CLASS SCHEDULE

SUMMER 2026

May 26–July 31

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

BEE MCLEOD RECREATION CENTER- MCLEOD STUDIO (UPSTAIRS)

7:15–8:00 AM
STRENGTH DEVELOPMENT
Doug

7:15–8:00 AM
BODY PUMP 45
Doug

7:15–8:00 AM
STRENGTH DEVELOPMENT
Terry

7:15–8:00 AM
BODY PUMP 45
Doug

5:30–6:30 PM
BODY PUMP
Terry

12:00–12:45 PM
STRENGTH DEVELOPMENT
Candice

5:30–6:30 PM
STEP
Kim

BEE MCLEOD RECREATION CENTER- TYLER STUDIO (DOWNSTAIRS)

5:30–6:20 PM
CYCLING
Mila

5:15–6:15 PM
CYCLING & STRENGTH
Candice

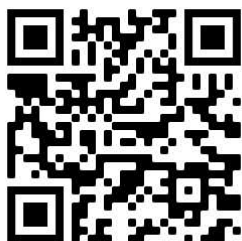
MCLEOD TYLER WELLNESS CENTER- STUDIO A

5:15–6:05 PM
YOGA
Madeline

5:30–6:20 PM
YOGA
Aleena

5:15–6:05 PM
VINYASA YOGA
Patti

5:15–6:05 PM
YOGA
Julia



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.

Questions? Email jenny@wm.edu

