



FITWELL CLASS SCHEDULE SPRING 2024 MARCH 18-MAY 3



William & Mary

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BEE MCLEOD RECREATION CENTER- MCLEOD STUDIO (MAIN LEVEL)

7:00-7:45 AM BODYPUMP 45™ Doug	7:00-7:30 AM GRIT CARDIO™ Terry	7:00-7:45 AM BODYPUMP 45™ Doug	7:00-7:30 AM GRIT CARDIO™ Doug	7:00-7:45 AM BODYPUMP 45™ Terry	10:00-10:50 AM YOGA Isa	10:00-11:00 AM BODYPUMP™ Grace H.
9:00-9:50 AM BARRE Grace C. & Sydney	9:00-9:50 AM PILATES Claire	9:00-9:50 AM BARRE Lily	9:00-9:50 AM PILATES Evan	9:00-9:50 AM PILATES Kelly & Caroline	11:30 AM- 12:20 PM BARRE Abhaya & Madison	11:30 AM-12:20 PM PILATES Caroline
12:00-12:45 PM BODYPUMP 45™ Si	4:00-4:30 PM GRIT STRENGTH™ Greta & Megan	4:00-4:50 PM BARRE Rachel M.	12:00-12:45 PM BODYPUMP 45™ Lauren	4:00-4:50PM BARRE Sarah M.		4:00-4:50 PM YOGA Alison & Isa
3:45-4:30 PM CARDIO BARRE Katherine L.	5:00-5:45 PM BODYPUMP 45™ Si	5:45-6:30 PM BODYCOMBAT 45™ Sarah H.	4:30-5:20PM BARRE Sydney	5:45-6:45 PM STEP Kim		5:15-6:00 PM BODYPUMP 45™ Elvera
5:30-6:20 PM PILATES Zoey & Rachel K.	6:15-7:05 PM PILATES Rachel K.	7:00-7:50 PM PILATES Kennedy	7:00-8:00 PM BODYPUMP™ Bridget & Katelyn B.	8:15-9:05 PM CARDIO DANCE Cameron & Helen		6:30-7:20 PM PILATES Amelia
6:45-7:45PM BODYPUMP™ Katelyn B.	7:30-8:30 PM BODYPUMP™ Lauren	8:15-9:05 PM WERQ DANCE FITNESS Atticus				
8:00-8:50 PM CARDIO DANCE Helen	9:00-9:50 PM CARDIO DANCE Mary Beth					

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

7:30-8:30 AM CYCLING + ARMS Sarah L.	7:00-7:50 AM CYCLING Faith & Julia	7:30-8:30 AM CYCLING + ARMS Sarah L.	7:00-7:50 AM CYCLING Julia	8:00-8:50 AM CYCLING Atticus & Laci	11:00-11:50 AM CYCLING Catherine	11:00-11:50 AM CYCLING Jada & Megan
4:00-4:50 PM CYCLING Kyla	5:15-6:15 PM BARRECYCLE Sarah L. & Madison	4:00-4:50 PM CYCLING Kyla	4:00-4:50 PM CYCLING Megan	10:00-11:00 AM BARRECYCLE Julia & Lily		5:00-5:50 PM CYCLING Katherine L. & Catherine
6:45-7:35 PM CYCLING Laci	6:45-7:35 PM CYCLING Lauren & Kyla	6:45-7:35 PM CYCLING Catherine				6:45-7:45 PM CYCLING X WERQ DANCE FITNESS Laci & Atticus

MCLEOD TYLER WELLNESS CENTER- STUDIO A

8:00-8:50AM YOGA + MEDITATION Anne Ryan	7:30-8:20 AM YOGA FOR STRESS MANAGEMENT Patti	8:00-8:50 AM VINYASA YOGA Katelyn O.	7:30-8:20 AM YOGA FOR STRESS MANAGEMENT Patti	9:00-9:50 AM YOGA Katelyn O.	
4:00-4:50 PM YOGA Katherine R.	11:00-11:45 AM CREATIVE ARTS Sarah B.	12:00-12:45 PM CREATIVITY GROUP FOR FAC/STAFF Sarah B. (Studio B)	12:15-1:05 PM VINYASA YOGA Lindsay	4:00-4:50 PM INTERMEDIATE VINYASA YOGA Cindy	
5:15-6:05 PM YIN YOGA Patti	12:15-1:05 PM VINYASA YOGA Cindy	4:15-5:05 PM VIBRATIONAL YIN Patti	2:00-3:00 PM MINDFUL ARTS Sarah		
6:30-7:20 PM VINYASA YOGA Evan	2:00-3:00 PM KNITTING CIRCLE Sarah B. (Studio B)	5:15-6:05 PM YOGA FOR SELF-CARE Patti	5:15-6:05 PM VINYASA YOGA Lesley		
	4:00-5:00 PM YOGALATES Evan	6:15-7:05 PM YOGA ALTERNATING WITH YOGA FOR CHRONIC STRESS & ILLNESS Check W&M Wellness App for dates Patti & Alexis	6:30-7:20 PM YOGA Katherine R.		
	5:15-6:05 PM VINYASA YOGA Cindy				
	6:15-7:05 PM YOGA ALTERNATING WITH RESTORATIVE YOGA Check W&M Wellness App for dates Cindy & Emily				

See Rec Center McLeod Studio for weekend Yoga classes.

OTHER CLASS LOCATIONS

7:45-8:00 AM VIRTUAL MORNING MEDITATION Martha	3:30-3:50 PM GUIDED MEDITATION PRAYER/MEDITATION ROOM, SADLER CENTER Martha	3:30-3:50 PM GUIDED MEDITATION PRAYER/MEDITATION ROOM, SADLER CENTER Martha
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