

# Perfect Workout Gym –YOGA & SPIN SCHEDULE

Monday – Thursday: 4:00am – 10:00pm  
Friday: 4:00am – 8:00pm

(828) 465-4055  
<http://www.perfectworkout.net>

Saturday: 8:00am – 5:00pm  
Sunday: 1:00pm – 5:00pm

## April 2024 Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>March 31</b>  <b>Happy Easter</b> <b>OPEN 1PM-5PM</b> 3:00pm-4:00pm Stretch Aromatherapy Sharon	<b>1</b>	<b>2</b>  12:15pm – 1:15pm Yoga Lunch Sharon *aerobics room  5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon	<b>3</b>	<b>4</b>  5:30PM-6:15PM SPIN JESSICA  5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon	<b>5</b>  No Yoga	<b>6</b>
<b>7</b>  3:00pm-4:00pm Stretch Aromatherapy Sharon	<b>8</b>	<b>9</b>  12:15pm – 1:15pm Chair Yoga Kim *aerobics room  5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon	<b>10</b>	<b>11</b>  5:30PM-6:15PM SPIN JESSICA  5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon	<b>12</b>  5:30pm –6:30pm Beginner/Interm Yoga Maria	<b>13</b>  8:30AM-9:15AM SPIN JESSICA
<b>14</b>  3:00pm-4:00pm Stretch Aromatherapy Sharon	<b>15</b>	<b>16</b>  12:15pm – 1:15pm Yoga Lunch Sharon *aerobics room  5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon	<b>17</b>	<b>18</b>  NO SPIN  5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon	<b>19</b>  5:30pm –6:30pm Beginner/Interm Yoga Maria	<b>20</b>
<b>21</b>  No Stretch	<b>22</b>	<b>23</b>  12:15pm – 1:15pm Yoga Lunch Sharon *aerobics room  5:30pm – 7:00pm HOT YOGA Aromatherapy Sharon	<b>24</b>	<b>25</b>  5:30PM-6:15PM SPIN JESSICA  No Stretch	<b>26</b>  5:30pm –6:30pm Beginner/Interm Yoga Maria	<b>27</b>  8:30AM-9:15AM SPIN JESSICA
<b>28</b>  3:00pm-4:00pm Stretch Aromatherapy Sharon	<b>29</b>	<b>30</b>  12:15pm – 1:15pm Tai Chi Kim *aerobics room  5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon		April 23 <sup>rd</sup>  SPECIAL HOT YOGA CLASS 5:30PM-7:00PM SHARON		