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

Sharon