

# Perfect Workout Gym – YOGA AND SPIN SCHEDULE

Monday – Thursday: 3:30am – 11:30pm  
 Friday: 3:30am – 10:00pm

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

Saturday: 7:00am – 8:00pm  
 Sunday: 8:00am – 5:00pm

## March 2026 Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	6:15AM-7:00AM SPIN Sarah	9:45am 10:45am Chair Yoga/Toning *aerobics room Sarah 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon		5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon 5:45PM-6:30PM SPIN Sarah	5:30pm –6:30pm Beginner/Interm Yoga Maria	
8	9	10	11	12	13	14
No Stretch	6:15AM-7:00AM SPIN Sarah	9:45am 10:45am Chair Yoga/Toning *aerobics room Sarah 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon		5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon  No Spin	No Yoga	
15	16	17	18	19	20	21
3:00pm-4:00pm Stretch Aromatherapy Sharon	No Spin	No Chair Yoga  5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon		5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon  No Spin	5:30pm –6:30pm Beginner/Interm Yoga Maria	
22	23	24	25	26	27	28
No Stretch	6:15AM-7:00AM SPIN Sarah	9:45am – 10:45am Chair Yoga/Toning *aerobics room Sarah 5:30pm – 7:00pm HOT YOGA Aromatherapy Sharon		5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon 5:45PM-6:30PM SPIN Sarah	5:30pm –6:30pm Beginner/Interm Yoga Maria	
29	30	31				
3:00pm-4:00pm Stretch Aromatherapy Sharon	6:15AM-7:00AM SPIN Sarah	9:45am 10:45am Chair Yoga/Toning *aerobics room Sarah  No Power Yoga				