

# Perfect Workout Gym – YOGA AND 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

## September 2025 Class Schedule

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