

# 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

August 2025 Class Schedule						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>July 31</b>  <b>NO DEEP STRETCH</b>  5:45PM-6:30PM SPIN Bri	5:30pm –6:30pm Beginner/Interm Yoga Maria	
<b>3</b>  No Stretch	<b>4</b>  6:00AM-6:45AM SPIN Bri	<b>5</b>  12:15pm 1:15pm Chair Yoga/Toning *aerobics room Bri 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon	<b>6</b>	<b>7</b>  5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon 5:45PM-6:30PM SPIN Bri	<b>8</b>  5:30pm –6:30pm Beginner/Interm Yoga Maria	<b>9</b>
<b>10</b>  3:00pm-4:00pm Stretch Aromatherapy Sharon	<b>11</b>  6:00AM-6:45AM SPIN Bri	<b>12</b>  12:15pm 1:15pm Chair Yoga/Toning *aerobics room Bri 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon	<b>13</b>	<b>14</b>  5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon 5:45PM-6:30PM SPIN Bri	<b>15</b>  5:30pm –6:30pm Beginner/Interm Yoga Maria	<b>16</b>
<b>17</b>  No Stretch	<b>18</b>  6:00AM-6:45AM SPIN Bri	<b>19</b>  12:15pm – 1:15pm Chair Yoga/Toning *aerobics room Bri 5:30pm – 7:00pm HOT YOGA Aromatherapy Sharon	<b>20</b>	<b>21</b>  5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon  No Spin	<b>22</b>  5:30pm –6:30pm Beginner/Interm Yoga Maria	<b>23</b>
<b>24</b>  3:00pm-4:00pm Stretch Aromatherapy Sharon  Aug 31 No Stretch	<b>25</b>  6:00AM-6:45AM SPIN Bri	<b>26</b>  12:15pm 1:15pm Chair Yoga/Toning *aerobics room Bri 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon	<b>27</b>	<b>28</b>  No Stretch  5:45PM-6:30PM SPIN Bri	<b>29</b>  5:30pm –6:30pm Beginner/Interm Yoga Maria	<b>30</b>