Perfect Workout Gym – DOWNSTAIRS AEROBICS ROOM

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

November 2026 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 12:15pm – 1:00pm Pilates 4:45pm – 5:30pm Pilates 5:40pm- 6:40pm DANCE FIT (must be 15) Sharon 6:45pm-7:30pm Boot Camp Bobby	**3** 5:30pm-6:15pm Zumba Dawn 6:45pm – 7:40pm Booty Build Strength Training Targeting the Glutes Sharon	**4** 6:00pm– 7:00pm Box and Burn Cardio Kickbox Class Sharon 7:15pm-8:00pm Zumba Dawn	**5** 9:45am –10:30am Senior Fitness Jenn 12:15pm – 1:00pm Toning Sharon 5:45pm-6:30pm Zumba Dawn 6:45pm-7:45pm X-Hip Hop Step Micheal	**6** 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon No Zumba	**7** 9:55am – 10:55am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
9 12:15pm – 1:00pm Pilates 4:45pm – 5:30pm Pilates 5:40pm- 6:40pm DANCE FIT (must be 15) Sharon 6:45pm-7:30pm Boot Camp Bobby	**10** 5:30pm-6:15pm Zumba Dawn No Class	**11** No Class 7:15pm-8:00pm Zumba Dawn	**12** 9:45am –10:30am Senior Fitness Jenn 5:45pm-6:30pm Zumba Dawn 6:45pm-7:45pm X-Hip Hop Step Micheal	**13** 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	**14** 9:55am – 10:55am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
16 12:15pm – 1:00pm Pilates 4:45pm – 5:30pm Pilates 5:40pm- 6:40pm DANCE FIT (must be 15) Sharon 6:45pm-7:30pm Boot Camp Bobby	**17** 5:30pm-6:15pm Zumba Dawn 6:45pm – 7:45pm Tonilates 30 minutes Toning / 30 minutes Pilates Sharon	**18** 6:00pm–7:00pm Shred It! (Cardio Bursts, Strength Training & Abs) Sharon 7:15pm-8:00pm Zumba Dawn	**19** 9:45am –10:30am Senior Fitness Jenn 12:15pm – 1:00pm Toning Sharon 5:45pm-6:30pm Zumba Dawn No Hip Hop Step	**20** 11:45am – 12:10pm Dance Fit 12:15pm – 1:00pm Pilates w/ Weights Sharon 6:00pm-7:00pm Zumba Dawn	**21** 9:55am – 10:55am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build/Toning Mix (Weight Training) Sharon
23 12:15pm – 1:00pm Pilates 4:45pm – 5:30pm Pilates 5:40pm- 6:40pm DANCE FIT (must be 15) Sharon 6:45pm-7:30pm Boot Camp Bobby	**24** 5:30pm-6:15pm Zumba Dawn No Classes Hot Yoga Upstairs	**25** Special Hours 3:30am-8:00pm 6:00pm–7:00pm Sandbag Tabata HIIT Sharon 7:15pm-8:00pm Zumba Dawn	**26** CLOSED HAPPY THANKSGIVING 	**27** Special Hours 8:00am-10:00pm 12:15pm – 1:00pm Pilates w/ Weights Sharon No Zumba	**28** 9:55am – 10:55am Dance Fit (must be 15) Sharon 11:10am – 12:15pm Body Build (Weight Training) Sharon
30 12:15pm – 1:00pm Pilates 4:45pm – 5:30pm Pilates 5:40pm- 6:40pm DANCE FIT (must be 15) Sharon 6:45pm-7:30pm Boot Camp Bobby					