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

June 2026 Class Schedule

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