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

November 2026 Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 No Stretch	2	3 9:45am 10:45am Chair Yoga/Toning Libby *aerobics room 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon	4	5 5:30pm – 6:30pm Stretch Sharon 5:30PM-6:15PM SPIN Dee	6 5:30pm –6:30pm Beginner/Interm Yoga Maria	7
8 3:00pm-4:00pm Stretch Aromatherapy Sharon	9	10 9:45am 10:45am Chair Yoga/Toning Libby *aerobics room No Power Yoga	11	12 5:30pm – 6:30pm Hot Pilates Sharon 5:30PM-6:15PM SPIN Dee	13 No Yoga	14
15 No Stretch	16	17 9:45am 10:45am Chair Yoga/Toning Libby *aerobics room 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon	18	19 5:30pm – 6:30pm Stretch Sharon 5:30PM-6:15PM SPIN Dee	20 5:30pm –6:30pm Beginner/Interm Yoga Maria	21
22 3:00pm-4:00pm Stretch Aromatherapy Sharon	23	24 9:45am 10:45am Chair Yoga/Toning Libby *aerobics room 5:30pm – 7:00pm HOT YOGA Aromatherapy Sharon	25 Special Hours 3:30am-8:00pm	26 CLOSED HAPPY THANKSGIVING 	27 Special Hours 8:000am-10:00pm No Yoga	28
29 No Stretch	30					