

# 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

## November 2025 Class Schedule

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