

# Perfect Workout Gym – YOGA AND SPIN SCHEDULE


3

Monday – Thursday: 3:30am – 11:00pm  
Friday: 3:30am – 10:00pm

(828) 465-4055  
<http://www.perfectworkout.net>

Saturday: 7:00am – 8:00pm  
Sunday: 8:00pm – 5:00pm

## January 2026 Class Schedule

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