

# 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

## July 2026 Class Schedule

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