

# 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

## October 2025 Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Sept 30</b> 9:45am 10:45am Chair Yoga/Toning *aerobics room Sarah 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon	1	2  No Stretch  5:45PM-6:30PM SPIN Sarah	3  5:30pm –6:30pm Beginner/Interm Yoga Maria	4
5  3:00pm-4:00pm Stretch Aromatherapy Sharon	6  No Spin	7  No Chair Yoga  5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon	8	9  5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon  No spin	10  5:30pm –6:30pm Beginner/Interm Yoga Maria	11
12  No Stretch	13  5:15AM-6:00AM SPIN Sarah	14  9:45am 10:45am Chair Yoga/Toning *aerobics room Sarahe 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  3:00pm-4:00pm Stretch Aromatherapy Sharon	20  5:15AM-6:00AM SPIN Sarah	21  9:45am – 10:45am Chair Yoga/Toning *aerobics room Sarah 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  No Stretch	27  5:15AM-6:00AM 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  5:45PM-6:30PM SPIN Sarah	31  No Yoga	

Happy Halloween