

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

August 2026 Class Schedule

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