

Perfect Workout Gym – YOGA AND SPIN SCHEDULE

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

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

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

February 2026 Class Schedule

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