

# 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

## August 2022 Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 31 <sup>st</sup>  3:00pm Deep Stretch Sharon	1  No Spin	2  12:15pm – 1:15pm Yoga Lunch Sharon *aerobics room 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon 5:45pm - 6:35pm Spin Cycle Tammy	3  No Spin  No Tai Chi	4  5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon	5  No Beginner Yoga	6
7  3:00pm Deep Stretch Sharon	8  5:10am - 6:00am Total Body Tone Spin Dee	9  12:15pm – 1:15pm Yoga Lunch Sharon *aerobics room  No Yoga	10  5:10am - 6:00am Total Body Tone Spin Dee  12:15pm – 1:15pm Tai Chi Kim *aerobics room	11  5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon	12  5:30pm – 6:30pm Beginner Yoga Maria	13  10:30am-11:30am HeartMath Meditation Isabelle
14  3:00pm Deep Stretch Sharon	15  5:10am - 6:00am Total Body Tone Spin Dee	16  12:15pm – 1:15pm Yoga Lunch Sharon *aerobics room 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon 5:45pm - 6:35pm Spin Cycle Tammy	17  5:10am - 6:00am Total Body Tone Spin Dee  12:15pm – 1:15pm Tai Chi Kim *aerobics room	18  5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon	19  5:30pm – 6:30pm Beginner Yoga Maria	20
21  3:00pm Deep Stretch Sharon	22  5:10am - 6:00am Total Body Tone Spin Dee	23  12:15pm – 1:15pm Yoga Lunch Sharon *aerobics room  5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon	24  5:10am - 6:00am Total Body Tone Spin Dee  12:15pm – 1:15pm Tai Chi Kim *aerobics room	25  5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon	26  5:30pm – 6:30pm Beginner Yoga Maria	27
28  3:00pm Deep Stretch Sharon	29  5:10am - 6:00am Total Body Tone Spin Dee	30  No Yoga  5:45pm - 6:35pm Spin Cycle Tammy	31  5:10am - 6:00am Total Body Tone Spin Dee  12:15pm – 1:15pm Tai Chi Kim *aerobics room			