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

July 2022 Class Schedule Wednesday **Sunday** Monday Tuesday **Thursday Friday Saturday** 30th 1 2 5:30pm - 6:30pm 5:30pm -6:30pm Deep Stretch **Beginner Yoga** Aromatherapy Maria **Sharon** 4 7 3 5 6 8 9 5:10am - 6:00am 12:15pm - 1:15pm Yoga Lunch **Total Body Tone** 5:30pm - 6:30pm **No Stretch Sharon** Spin Deep Stretch 5:30pm -6:30pm *aerobics room Dee Aromatherapy **Beginner Yoga** 5:30pm - 6:30pm **Sharon** Maria **Power Yoga Flow** 12:15pm - 1:15pm Tai Chi Aromatherapy Kim 5:45pm - 6:35pm *aerobics room **Spin Cycle** Tammy 10 16 11 12 13 14 15 12:15pm - 1:15pm 5:10am - 6:00am **Total Body Tone** Yoga Lunch 3:00pm 5:10am - 6:00am 5:30pm - 6:30pm 5:30pm -6:30pm Sharon Spin Deep Stretch **Total Body Tone Beginner Yoga Deep Stretch** *aerobics room Dee Spin **Aromatherapy** Maria **Sharon** Dee Sharon 5:30pm - 6:30pm 12:15pm - 1:15pm Tai Chi Power Yoga Flow Aromatherapy Kim *aerobics room 17 18 19 20 21 22 23 12:15pm - 1:15pm Yoga Lunch 5:10am - 6:00am 5:10am - 6:00am 5:30pm - 6:30pm 3:00pm Sharon Deep Stretch **Total Body Tone Total Body Tone** 5:30pm -6:30pm **Deep Stretch** *aerobics room Aromatherapy Spin Spin **Beginner Yoga** Sharon 5:30pm - 6:30pm Dee Dee **Sharon** Maria **Power Yoga Flow** Aromatherapy 12:15pm - 1:15pm **Sharon** . Tai Chi 5:45pm - 6:35pm Kim Spin Cycle *aerobics room Tammy 24/31st 25 30 26 27 28 29 12:15pm - 1:15pm 5:10am - 6:00am 5:30pm - 6:30pm Yoga Lunch **Total Body Tone** Deep Stretch 5:10am - 6:00am 3:00pm No Yoga Sharon Aromatherapy Spin **Total Body Tone** Maria **Deep Stretch** *aerobics room Dee **Sharon** Spin **Sharon** 12:15pm - 1:15pm Dee 5:30pm - 6:30pm Tai Chi **Power Yoga Flow** Kim Aromatherapy *aerobics room