

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