



Perfect Workout Gym –YOGA & 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

March 2024 Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				February 29th 5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon	1 5:30pm –6:30pm Beginner/Interm Yoga Maria	2
3 3:00pm-4:00pm Stretch Aromatherapy Sharon	4	5 12:15pm – 1:15pm Tai Chi Kim 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon	6	7 5:45PM-6:30PM SPIN JESSICA 5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon	8 5:30pm –6:30pm Beginner/Interm Yoga Maria	9
10 3:00pm-4:00pm Stretch Aromatherapy Sharon	11	12 12:15pm – 1:15pm Yoga Lunch Sharon *aerobics room 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon	13	14 5:45PM-6:30PM SPIN JESSICA 5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon	15 5:30pm –6:30pm Beginner/Interm Yoga Maria	16
17 3:00pm-4:00pm Stretch Aromatherapy Sharon	18	19 12:15pm – 1:15pm Tai Chi Kim 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon	20	21 No Spin 5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon	22 No Yoga	23
24/31 3:00pm-4:00pm Stretch Aromatherapy Sharon	25	26 12:15pm – 1:15pm Yoga Lunch Sharon *aerobics room 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon	27	28 5:45PM-6:30PM SPIN JESSICA 5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon	29 No Yoga	30