

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

May 2024 Class Schedule						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		April 30 12:15pm – 1:15pm Tai Chi *aerobics room Kim 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon	1	2 NO SPIN No Stretch	3 5:30pm –6:30pm Beginner/Interm Yoga Maria	4
5 3:00pm-4:00pm Stretch Aromatherapy Sharon	6	7	8	9 NO SPIN 5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon	10 No Yoga	11
12 No Stretch HAPPY MOTHERS DAY	13	14 12:15pm – 1:15pm Chair Yoga/Toning Kim *aerobics room 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon	15	16 5:45PM-6:30PM SPIN JESSICA 5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon	17 5:30pm –6:30pm Beginner/Interm Yoga Maria	18
19 3:00pm-4:00pm Stretch Aromatherapy Sharon	20	21 12:15pm – 1:15pm Chair Yoga/Toning Kim *aerobics room 5:30pm – 7:00pm HOT YOGA Aromatherapy Sharon	22	23 5:45PM-6:30PM SPIN JESSICA 5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon	24 5:30pm –6:30pm Beginner/Interm Yoga Maria	25
26 No Stretch	27  CLOSED MEMORIAL	28 12:15pm – 1:15pm Chair Yoga/Toning Kim *aerobics room 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon	29	30 5:45PM-6:30PM SPIN JESSICA 5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon	31 5:30pm –6:30pm Beginner/Interm Yoga Maria	May 21st SPECIAL HOT YOGA CLASS 5:30PM-7:00PM SHARON