

# 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

## October 2022 Class Schedule

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