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 2023 Class Schedule Sunday Monday Wednesday **Thursday Friday** Saturday **Tuesday** 2 3 5 6 5:30pm - 6:30pm 5:30pm -6:30pm 9:15am -10:15am Beginner/Interm Beginner/Interm Deep Stretch 3:00pm No Yoga Aromatherapy Yoga Yoga **Deep Stretch** Maria Maria **Sharon Sharon** 8 9 10 11 12 13 14 12:15pm - 1:15pm Tai Chi 3:00pm 5:30pm - 6:30pm Kim 5:30pm -6:30pm **Deep Stretch Deep Stretch** Aromatherapy Sharon Beginner/Interm 5:30pm - 6:30pm **Sharon** Yoga **Power Yoga Flow** Maria Aromatherapy **Sharon** 15 16 18 19 20 21 17 12:15pm - 1:15pm Yoga Lunch 3:00pm 9:15am -10:15am 5:30pm - 6:30pm 5:30pm -6:30pm Sharon **Deep Stretch Deep Stretch** Beginner/Interm Beginner/Interm *aerobics room Aromatherapy Sharon Yoga Yoga **Sharon** Maria Maria 5:30pm - 6:30pm Power Yoga Flow Aromatherapy Sharon 22 23 25 26 27 28 24 12:15pm - 1:15pm Tai Chi 5:30pm - 6:30pm **Deep Stretch** No Stretch No Yoga 5:30pm - 6:30pm Aromatherapy **Power Yoga Flow Sharon** Aromatherapy **Sharon** 29 31 30 3:00pm 12:15pm - 1:15pm Deep Stretch Yoga Lunch Sharon Sharon *aerobics room