



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