


Perfect Workout Gym – YOGA AND SPIN SCHEDULE

Monday – Thursday: 3:30am – 11:30pm
 Friday: 3:30am – 10:00pm

(828) 465-4055
<http://www.perfectworkout.net>

Saturday: 7:00am – 8:00pm
 Sunday: 8:00am – 5:00pm

May 2026 Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				April 30 5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon 5:45PM-6:30PM SPIN Sarah	1 No Yoga	2
3 3:00pm-4:00pm Stretch Aromatherapy Sharon	4 6:15AM-7:00AM SPIN Sarah	5 9:45am 10:45am Chair Yoga/Toning *aerobics room Sarah 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon	6	7 5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon 5:45PM-6:30PM SPIN Sarah	8 5:30pm –6:30pm Beginner/Interm Yoga Maria	9
10 No Stretch	11 6:15AM-7:00AM SPIN Sarah	12 9:45am 10:45am Chair Yoga/Toning *aerobics room Sarah 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon	13	14 5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon 5:45PM-6:30PM SPIN Sarah	15 5:30pm –6:30pm Beginner/Interm Yoga Maria	16
17 No Stretch	18 6:15AM-7:00AM SPIN Sarah	19 9:45am – 10:45am Chair Yoga/Toning *aerobics room Sarah 5:30pm – 7:00pm HOT YOGA Aromatherapy Sharon	20	21 5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon 5:45PM-6:30PM SPIN Sarah	22 No Yoga	23
24/31st No Stretch on the 24 th Stretch on the 31 st 3:00pm-4:00pm Stretch Aromatherapy Sharon	25 	26 9:45am 10:45am Chair Yoga/Toning *aerobics room Sarah 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon	27	28 5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon 5:45PM-6:30PM SPIN Sarah	29 5:30pm –6:30pm Beginner/Interm Yoga Maria	30