

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

June 2025 Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 No Stretch	2 6:00AM-6:45AM SPIN Bri	3 12:15pm – 1:15pm Chair Yoga/Toning *aerobics room Bri 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon	4	5 5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon 5:45PM-6:30PM SPIN Bri	6 5:30pm – 6:30pm Beginner- Intermediate Yoga Maria	7
8 3:00pm-4:00pm Stretch Aromatherapy Sharon	9 6:00AM-6:45AM SPIN Bri	10 12:15pm – 1:15pm Chair Yoga/Toning *aerobics room Bri 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon	11	12 5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon 5:45PM-6:30PM SPIN Bri	13 No Yoga	14
15 No Stretch	16 6:00AM-6:45AM SPIN Bri	17 12:15pm – 1:15pm Chair Yoga/Toning *aerobics room Bri 5:30pm-7:00pm In Aerobics Room Melody & Movement Featuring Jon Piland on the Piano with Vocals Sharon	18	19 No Stretch 5:45PM-6:30PM SPIN Bri	20 No Yoga	21
22 3:00pm-4:00pm Stretch Aromatherapy Sharon	23 6:00AM-6:45AM SPIN Bri	24 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon	25	26 5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon No Spin	27 No Yoga	28
29 No Stretch	30 6:00AM-6:45AM SPIN Bri					