

# 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

## April 2026 Class Schedule

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