

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

December 2025 Class Schedule

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