# 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

## November 2026 Class Schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 1<br>No Stretch | 2 | 3<br>9:45am 10:45am<br>Chair Yoga/Toning<br>Libby<br>*aerobics room<br><br>5:30pm – 6:30pm<br>Power Yoga Flow<br>Aromatherapy<br>Sharon | 4 | 5<br>5:30pm – 6:30pm<br>Stretch<br>Sharon<br><br>5:30PM-6:15PM<br>SPIN<br>Dee | 6<br>5:30pm –6:30pm<br>Beginner/Interm<br>Yoga<br>Maria | 7 |
| 8<br>3:00pm-4:00pm<br>Stretch<br>Aromatherapy<br>Sharon | 9 | 10<br>9:45am 10:45am<br>Chair Yoga/Toning<br>Libby<br>*aerobics room<br><br>No Power Yoga | 11 | 12<br>5:30pm – 6:30pm<br>Hot Pilates<br>Sharon<br><br>5:30PM-6:15PM<br>SPIN<br>Dee | 13<br>No Yoga | 14 |
| 15<br>No Stretch | 16 | 17<br>9:45am 10:45am<br>Chair Yoga/Toning<br>Libby<br>*aerobics room<br><br>5:30pm – 6:30pm<br>Power Yoga Flow<br>Aromatherapy<br>Sharon | 18 | 19 | 20<br>5:30pm –6:30pm<br>Beginner/Interm<br>Yoga<br>Maria | 21 |
| 22<br>3:00pm-4:00pm<br>Stretch<br>Aromatherapy<br>Sharon | 23 | 24<br>9:45am 10:45am<br>Chair Yoga/Toning<br>Libby<br>*aerobics room<br><br>5:30pm – 7:00pm<br>HOT YOGA<br>Aromatherapy<br>Sharon | 25<br>Special Hours<br>3:30am-8:00pm | 26<br>CLOSED<br>HAPPY<br>THANKSGIVING<br> | 27<br>Special Hours<br>8:000am-10:00pm<br><br>No Yoga | 28 |
| 29<br><br>No Stretch | 30 | | | | | |