## 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

July 2025 Class Schedule Wednesday Sunday **Monday Tuesday Thursday** Friday Saturday June 30 4 5 12:15pm 1:15pm 5:30pm - 6:30pm Happy July 4th! 6:00AM-6:45AM **Chair Yoga/Toning Deep Stretch SPIN** \*aerobics room **Aromatherapy** BRI BRI **Sharon** 5:30pm - 6:30pm 5:45PM-6:30PM **Power Yoga Flow** SPIN Aromatherapy Bri **Sharon** 6 9 10 12 7 8 12:15pm 1:15pm 5:30pm - 6:30pm 6:00AM-6:45AM **Chair Yoga/Toning Deep Stretch** No Stretch 5:30pm -6:30pm **SPIN** \*aerobics room **Aromatherapy** Beginner/Interm BRI BRI **Sharon** Yoga 5:30pm - 6:30pm 5:45PM-6:30PM Maria **Power Yoga Flow SPIN Aromatherapy** Bri **Sharon** 13 14 15 17 18 19 16 12:15pm - 1:15pm 5:30pm - 6:30pm **Chair Yoga/Toning** 3:00pm-4:00pm **Deep Stretch** 5:30pm -6:30pm 6:00AM-6:45AM \*aerobics room Stretch **Aromatherapy** Beginner/Interm **SPIN BRI Aromatherapy Sharon** Yoga BRI 5:30pm - 7:00pm **Sharon** Maria **HOT YOGA** 5:45PM-6:30PM **Aromatherapy SPIN Sharon** Bri 20 21 23 24 25 22 26 5:30pm - 6:30pm **Deep Stretch** No Stretch 5:30pm - 6:30pm 5:30pm -6:30pm **NO SPIN Power Yoga Flow Aromatherapy** Beginner/Interm Aromatherapy **Sharon** Yoga **Sharon** Maria **NO SPIN** 27 28 29 30 **JULY 15TH** 12:15pm 1:15pm Chair Yoga/Toning 6:00AM-6:45AM 3:00pm-4:00pm **SPIN** \*aerobics room SPECIAL HOT Stretch BRI BRI **YOGA CLASS Aromatherapy** 5:30PM-7:00PM Sharon 5:30pm - 6:30pm **SHARON Power Yoga Flow** Aromatherapy

Sharon