


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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|------------------------------|--|-----------|---|--|----------|
| | June 30 | 1 | 2 | 3 | 4 | 5 |
| | 6:00AM-6:45AM SPIN BRI | 12:15pm 1:15pm Chair Yoga/Toning *aerobics room BRI 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon | | 5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon 5:45PM-6:30PM SPIN Bri | Happy July 4th!  | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| No Stretch | 6:00AM-6:45AM SPIN BRI | 12:15pm 1:15pm Chair Yoga/Toning *aerobics room BRI 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon | | 5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon 5:45PM-6:30PM SPIN Bri | 5:30pm –6:30pm Beginner/Interm Yoga Maria | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 3:00pm-4:00pm Stretch Aromatherapy Sharon | 6:00AM-6:45AM SPIN BRI | 12:15pm – 1:15pm Chair Yoga/Toning *aerobics room BRI 5:30pm – 7:00pm HOT YOGA Aromatherapy Sharon | | 5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon 5:45PM-6:30PM SPIN Bri | 5:30pm –6:30pm Beginner/Interm Yoga Maria | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| No Stretch | NO SPIN | 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon | | 5:30pm – 6:30pm Deep Stretch Aromatherapy Sharon NO SPIN | 5:30pm –6:30pm Beginner/Interm Yoga Maria | |
| 27 | 28 | 29 | 30 | | JULY 15TH SPECIAL HOT YOGA CLASS 5:30PM-7:00PM SHARON | |
| 3:00pm-4:00pm Stretch Aromatherapy Sharon | 6:00AM-6:45AM SPIN BRI | 12:15pm 1:15pm Chair Yoga/Toning *aerobics room BRI 5:30pm – 6:30pm Power Yoga Flow Aromatherapy Sharon | | | | |