

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