

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

September 2026 Class Schedule

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