

Perfect Workout Gym – Downstairs Aerobics Room

Monday – Thursday: 4:00am – 10:00pm
 Friday: 4:00am – 8:00pm

(828) 465-4055
<http://www.perfectworkoutgym.net>

Saturday: 8:00am – 5:00pm
 Sunday: 1:00pm – 5:00pm

June 2017 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3
			5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:40pm – 7:40pm Toning Sharon	5:30AM-6:30AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:00pm Pilates w/ Weights Sharon	9:35am – 10:40am Dance Fit(min age 15) Sharon 10:45am – 11:45am Body Sculpt Sharon
5	6	7	8	9	10
12:15pm – 1:00pm Pilates 4:30pm – 5:20pm Pilates 5:30pm- 6:30pm Dance Fit (min age 15) Sharon 6:30pm – 7:30pm Step/Interval Mix Michelle	5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:40pm – 7:40pm Barre Sharon	5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Tabata (High Intensity Interval Training) Sharon	5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 12:15pm – 1:00pm Toning Sharon 6:40pm – 7:40pm Bootilates 30min Booty Lift 30min Pilates Sharon	5:30AM-6:30AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:00pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	9:35am – 10:40am Dance Fit(min age 15) Sharon 10:50am – 11:55am Bikini Body Ready (abs,glutes,thighs) Sharon
12	13	14	15	16	17
12:15pm – 1:00pm Pilates 4:30pm – 5:20pm Pilates 5:30pm- 7:00pm Extended Dance Fit (min age 15) Sharon	5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:40pm – 7:40pm Toning Sharon	10:30am – 11:30am Toning Sharon 5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Piloxing (Cardio Boxing Class) Sharon	5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:40pm – 7:40pm Bikini Body Ready (abs,glutes,thighs) Sharon	12:15pm – 1:00pm Pilates w/ Weights Sharon 5:15pm – 6:00pm Zumba Gold Maria	9:35am – 10:40am Dance Fit(min age 15) Sharon 10:50am – 11:55am Body Sculpt Sharon
19	20	21	22	23	24
12:15pm – 1:00pm Pilates 4:30pm – 5:20pm Pilates 5:30pm – 6:30pm Dance Fit (min age 15) Sharon 6:30pm – 7:30pm Step/Interval Mix Michelle	5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:40pm – 7:40pm Body Sculpt Sharon	5:00pm – 5:45pm Zumba Gold Maria 6:00pm – 7:00pm Shred It! (Cardio Class) Sharon (4-5min Cardio/4-5min Stength/4 -5min Abs Repeated for a total of 4 sets)	5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:30pm-7:30pm 20/20/20/ Jenna (cardio/strength/abs)	5:30AM-6:30AM MAXFIT BOOTCAMP LAMAR	No Classes Down Yoga Upstairs
26	27	28	29	30	
12:15pm – 1:00pm Pilates 4:30pm – 5:20pm Pilates 5:30pm – 6:30pm Dance Fit (min age 15) Sharon 6:30pm – 7:30pm Step/Interval Mix Michelle	5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:40pm – 7:40pm Bikini Body Ready (abs,glutes,thighs) Sharon	10:30am – 11:30am Toning Sharon 6:00pm – 7:00pm CardioSculpt (Cardio Class/Weights) Sharon	5:00pm – 5:15pm Abs 5:15pm-6:00pm Total Body Training Becky 6:40pm – 7:40pm Barre Sharon	5:30AM-6:30AM MAXFIT BOOTCAMP LAMAR 12:15pm – 1:00pm Pilates w/ Weights Sharon	