

Perfect Workout Gym – Upstairs Aerobics Rooms

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 12:15pm – 1:15pm Stretch/Gentle Yoga Level 5:25pm – 6:30pm Yoga Flow Level 1/2 (Heat is used) Sharon 6:30pm - 7:30pm Spin Cycle Wanda 7:30pm-8:30pm Warm Yoga Flow Level 1/2 Chloe	2 8:30am-9:30am Spin Cycle Wanda	3
5 5:30am-6:30am Spin Robert 6:45pm - 8:00pm Heated Cardio Yoga Flow Level 2/3 Katie	6 12:15pm – 1:15pm Yoga Lunch Level 1 Amy 5:25pm – 6:30pm Yoga Flow Level 1/ 2 (Heat is used) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	7 5:30am-6:30am Spin Robert 8:30am - 9:30am Spin Cycle Wanda	8 5:25pm –6:30pm Heated Deep Stretch Sharon 6:30pm - 7:30pm Spin Cycle Tammy 7:30pm-8:30pm Warm Yoga Flow Level 1/2 Chloe	9	10 10:45pm – 11:55pm Yoga Level 1 Amy
12 5:30am-6:30am Spin Robert	13 12:15pm – 1:15pm Yoga Lunch Level 1 Amy 5:25pm –6:30pm Heated Deep Stretch Sharon 6:30pm - 7:30pm Spin Cycle Tammy	14 5:30am-6:30am Spin Robert 8:30am - 9:30am Spin Cycle Wanda	15 12:15pm – 1:15pm Stretch/Gentle Yoga Level 1 5:25pm – 6:30pm Yoga Flow Level 1/ 2 (Heat is used) Sharon 6:30pm - 7:30pm Spin Cycle Tammy 7:30pm - 8:30pm Heated Cardio/Strength Yoga Katie	16 8:30am-9:30am Spin Cycle Wanda	17 10:45am –11:55pm Yoga Level 1 Beginner Basics Maria
19 5:30am-6:30am Spin Robert 6:45pm - 8:00pm Heated Cardio Yoga Flow Level 2/3 Katie	20 12:15pm – 1:15pm Yoga Lunch Level 1 Amy 5:25pm – 6:30pm Yoga Flow Level 1/ 2 (Heat is used) Sharon 6:30pm - 7:30pm Spin Cycle Wanda	21 5:30am-6:30am Spin Robert 8:30am - 9:30am Spin Cycle Wanda	22 6:30pm –7:30pm Spin Cycle Wanda	23 8:30am-9:30am Spin Cycle Wanda	24 10:45am –11:55am Yoga Basics Beginner Level 1 Michelle Deese
26 5:30am-6:30am Spin Robert	27 12:15pm – 1:15pm Yoga Lunch Level 1 Amy 5:25pm –6:30pm Heated Deep Stretch Sharon 6:30pm - 7:30pm Spin Cycle Tammy	28 5:30am-6:30am Spin Robert 8:30am - 9:30am Spin Cycle Wanda Wanda	29 12:15pm – 1:15pm Stretch/Gentle Yoga Level 1 5:25pm – 6:30pm Yoga Flow Level 1/ 2 (Heat is used) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	30 8:30am-9:30am Spin Cycle Wanda	