

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

July 2017 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
3	 CLOSED	5	6	7	8
		8:30am - 9:30am Spin Cycle Wanda	12:15pm – 1:15pm Stretch/Gentle Yoga Room Temp, Level 1 5:25pm – 6:30pm Yoga Flow Level 1/ 2 (Heat/Aromatherapy) 6:30pm - 7:30pm Spin Cycle Tammy	8:30am-9:30am Spin Cycle Wanda	
10	11	12	13	14	15
5:30am-6:30am Spin Robert	12:15pm – 1:15pm Yoga Lunch Level 1 Amy 5:25pm – 6:30pm Yoga Flow Level 1/ 2 (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	5:30am-6:30am Spin Robert 8:30am - 9:30am Spin Cycle Wanda	5:25pm – 6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy 7:30pm-8:30pm Warm Yoga Flow Level 1/2 Chloe	8:30am-9:30am Spin Cycle Wanda	10:45am – 11:55am Yoga Basics Beginner Level 1 Michelle Deese
17	18	19	20	21	22
5:30am-6:30am Spin Robert 6:45pm - 8:00pm Heated Cardio Yoga Flow Level 2/3 Katie	12:15pm – 1:15pm Yoga Lunch Level 1 Amy 5:25pm – 6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	5:30am-6:30am Spin Robert 8:30am - 9:30am Spin Cycle Wanda	12:15pm – 1:15pm Stretch/Gentle Yoga Room Temp, Level 1 5:25pm – 6:30pm Yoga Flow Level 1/ 2 (Heat/Aromatherapy) 6:30pm - 7:30pm Spin Cycle Tammy		10:45am – 11:55pm Yoga Level 1 Beginner Basics Maria
24	25	26	27	28	29
5:30am-6:30am Spin Robert	12:15pm – 1:15pm Yoga Lunch Level 1 KAREN 6:30pm - 7:30pm Spin Cycle Tammy	5:30am-6:30am Spin Robert 8:30am - 9:30am Spin Cycle Wanda Wanda	6:30pm - 7:30pm Spin Cycle Tammy 7:30pm - 8:30pm Heated Cardio/Strength Yoga Level 2/3 Katie	8:30am-9:30am Spin Cycle Wanda	10:45am – 11:55am Yoga Basics Beginner Level 1 Michelle Deese
31					
5:30am-6:30am Spin Robert 6:45pm - 8:00pm Heated Cardio Yoga Flow Level 2/3 Katie					