

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

October 2017 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>5:30am-6:30am Spin Robert</p>	<p>3</p> <p>12:15pm – 1:15pm Yoga Lunch Level 1 Amy</p> <p>5:30pm – 6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon</p>	<p>4</p> <p>5:30am-6:30am Spin Robert</p>	<p>5</p> <p>12:15pm – 1:25pm Stretch/Gentle Yoga 5:30pm – 6:30pm Yoga Flow Level 1/2 (Heat/Aromatherapy) Sharon</p> <p>6:30pm - 7:30pm Spin Cycle Wanda</p> <p>7:30pm-8:30pm Warm Yoga Flow Level 1/2 Chloe</p>	<p>6</p> <p>8:30am - 9:30am Spin Cycle Kim</p>	<p>7</p>
<p>9</p> <p>5:30am-6:30am Spin Robert</p> <p>6:45pm - 8:00pm Heated Cardio Yoga Flow Level 2/3 Katie</p>	<p>10</p> <p>5:30am-6:30am Morning Yoga Flow Katie</p> <p>12:15pm – 1:15pm Yoga Lunch Level 1 Amy</p> <p>5:30pm – 6:30pm Yoga Flow Level 1/2 (Heat/Aromatherapy) Sharon</p> <p>6:30pm - 7:30pm Spin Cycle Tammy</p>	<p>11</p> <p>5:30am-6:30am Spin Robert</p>	<p>12</p> <p>6:30pm - 7:30pm Spin Cycle Wanda</p>	<p>13</p> <p>8:30am - 9:30am Spin Cycle Kim</p>	<p>14</p> <p>10:45am – 11:55am Yoga Basics Beginner Level 1 Michelle Deese</p>
<p>16</p> <p>5:30am-6:30am Spin Robert</p>	<p>17</p> <p>12:15pm – 1:15pm Yoga Lunch Level 1 Amy</p> <p>5:30pm – 6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon</p> <p>6:30pm - 7:30pm Spin Cycle Tammy</p>	<p>18</p> <p>5:30am-6:30am Spin Robert</p>	<p>19</p> <p>12:15pm – 1:25pm Stretch/Gentle Yoga Level 1 5:30pm – 6:30pm Yoga Flow Level 1/2 (Heat/Aromatherapy) Sharon</p> <p>6:30pm - 7:30pm Spin Cycle Wanda</p> <p>7:30pm-8:30pm Warm Yoga Flow Level 1/2 Katie</p>	<p>20</p> <p>8:30am - 9:30am Spin Cycle Kim</p>	<p>21</p> <p>10:45am – 11:55am Yoga Basics Beginner Level 1 Michelle Deese</p>
<p>23</p> <p>5:30am-6:30am Spin Robert</p>	<p>24</p> <p>12:15pm – 1:15pm Yoga Lunch Level 1 Amy</p> <p>5:30pm – 6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon</p> <p>6:30pm - 7:30pm Spin Cycle Tammy</p>	<p>25</p> <p>5:30am-6:30am Spin Robert</p>	<p>26</p> <p>5:30pm – 6:45pm Extended Yoga Flow Level 1/2 (Heat/Aromatherapy) Sharon</p> <p>6:30pm - 7:30pm Spin Cycle Wanda</p> <p>7:30pm-8:30pm Warm Yoga Flow Level 1/2 Chloe</p>	<p>27</p> <p>8:30am - 9:30am Spin Cycle Kim</p>	<p>28</p> <p>10:45am – 11:55am Yoga Basics Beginner Level 1 Maria</p>
<p>30</p> <p>5:30am-6:30am Spin Robert</p>	<p>31</p> <p>12:15pm – 1:15pm Yoga Lunch Level 1 Amy</p> <p>5:30pm – 6:30pm Yoga Flow Level 1/2 (Heat/Aromatherapy) Sharon</p> <p>6:30pm - 7:30pm Spin Cycle Tammy</p>				