

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

March 2018 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Feb 28 5:30am-6:30am Spin Robert 8:30am-9:30am Soothing Yoga Level 1 Katie	1 12:15pm – 1:25pm Stretch/Gentle Yoga Sharon Level 1 5:30pm –6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Wanda	2 8:30am - 9:30am Spin Cycle Kim	3 10:45am –11:55pm Yoga Level 1 with Aromatherapy Beginner Basics Maria
5 5:30am-6:30am Spin Robert	6 5:30pm –6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	7 5:30am-6:30am Spin Robert	8 5:30pm – 6:45pm Extended Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Wanda	9 8:30am - 9:30am Spin Cycle Kim	10 10:45am –11:55am Yoga Basics Beginner Level 1 Michelle Deese
11 Sunday 3:00pm Projector Beginning Yoga Master Instructor	13 5:30pm – 6:30pm Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	14 5:30am-6:30am Spin Robert 8:30am-9:30am Soothing Yoga Level 1 Katie	15 12:15pm – 1:25pm Stretch/Gentle Yoga Sharon Level 1 5:30pm –6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Wanda	16 8:30am - 9:30am Spin Cycle Kim	17 10:45am –11:55pm Yoga Level 1 with Aromatherapy Beginner Basics Maria
12 Monday 5:30am-6:30am Spin Robert 6:30pm - 7:45pm Cardio Yoga Flow Level 2/3 Katie					
19 5:30am-6:30am Spin Robert	20 5:30pm –6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	21 5:30am-6:30am Spin Robert	22 5:30am-6:30am Early Bird Yoga Katie 5:30pm – 6:45pm Extended Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon 6:30pm –7:30pm Spin Cycle Wanda	23 8:30am - 9:30am Spin Cycle Kim	24 10:45am –11:55am Yoga Basics Beginner Level 1 Michelle Deese
25 Sunday 3:00pm Projector Beginning Yoga Master Instructor	27 5:30pm – 6:30pm Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	28 5:30am-6:30am Spin Robert 8:30am-9:30am Soothing Yoga Level 1 Katie	29 12:15pm – 1:25pm Stretch/Gentle Yoga Sharon 5:30pm –6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Wanda	30 8:30am - 9:30am Spin Cycle Kim	31 10:45am –11:55pm Yoga Level 1 with Aromatherapy Beginner Basics Maria
26 Monday 5:30am-6:30am Spin Robert					