

# 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

## April 2018 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>2</b></p> <p>5:30am-6:30am <b>Spin</b> Robert</p>	<p><b>3</b></p> <p>5:30pm –6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon</p> <p>6:30pm - 7:30pm Spin Cycle Wanda</p>	<p><b>4</b></p> <p>5:30am-6:30am <b>Spin</b> Robert</p> <p>8:30am-9:30am Gentle Slow Flow Level 1 Bri</p>	<p><b>5</b></p> <p>12:15pm – 1:25pm Stretch/Gentle Yoga Sharon Level 1</p> <p>5:30pm – 6:45pm Extended Yoga Flow Level 1-2 (Heat/Aromatherapy)</p> <p>6:30pm - 7:30pm Spin Cycle Wanda</p>	<p><b>6</b></p> <p>8:30am - 9:30am Spin Cycle Kim</p>	<p><b>7</b></p> <p>10:45am –11:55am Yoga Basics Beginner Level 1 Michelle Deese</p>
<p><b>9</b></p> <p>5:30am-6:30am <b>Spin</b> Robert</p> <p>6:45pm - 8:00pm Heated Cardio Yoga Flow Level 2/3 Katie</p>	<p><b>10</b></p> <p>5:30am-6:30am Morning Yoga Flow Katie</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><b>11</b></p> <p>5:30am-6:30am <b>Spin</b> Robert</p> <p>8:30am-9:30am Soothing Yoga Level 1 Katie</p>	<p><b>12</b></p> <p>6:30pm - 7:3pm Spin Cycle Wanda</p> <p>5:30pm –6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon</p>	<p><b>13</b></p> <p>8:30am - 9:30am Spin Cycle Kim</p>	<p><b>14</b></p> <p>10:45am –11:55pm Yoga Level 1 with Aromatherapy Beginner Basics Maria</p>
<p><b>15</b> Sunday 3:00pm Projector Yoga Master Instructor</p>	<p><b>17</b></p> <p>5:30pm –6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon</p> <p>6:30pm - 7:30pm Spin Cycle Tammy</p>	<p><b>18</b></p> <p>5:30am-6:30am <b>Spin</b> Robert</p> <p>8:30am-9:30am Gentle Slow Flow Level 1 Bri</p>	<p><b>19</b></p> <p>5:30am-6:30am Early Bird Yoga Katie</p> <p>6:30pm - 7:3pm Spin Cycle Wanda</p>	<p><b>20</b></p> <p>8:30am - 9:30am Spin Cycle Kim</p>	<p><b>21</b></p> <p>10:45am –11:55am Yoga Basics Beginner Level 1 Michelle Deese</p>
<p><b>16</b> Monday 5:30am-6:30am <b>Spin</b> Robert</p>					
<p><b>23</b></p> <p>5:30am-6:30am <b>Spin</b> Robert</p> <p>6:45pm - 8:00pm Heated Cardio Yoga Flow Level 2/3 Katie</p>	<p><b>24</b></p> <p>5:30pm –6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon</p> <p>6:30pm - 7:30pm Spin Cycle Tammy</p>	<p><b>25</b></p> <p>5:30am-6:30am <b>Spin</b> Robert</p> <p>8:30am-9:30am Soothing Yoga Level 1 Katie</p>	<p><b>26</b></p> <p>12:15pm – 1:25pm Stretch/Gentle Yoga Sharon Level 1</p> <p>5:30pm – 6:45pm Extended Yoga Flow Level 1-2 (Heat/Aromatherapy)</p> <p>Sharon</p> <p>6:30pm - 7:3pm Spin Cycle Wanda</p>	<p><b>27</b></p> <p>8:30am - 9:30am Spin Cycle Kim</p>	<p><b>28</b></p> <p>10:45am –11:55pm Yoga Level 1 with Aromatherapy Beginner Basics Maria</p>
<p><b>29</b> Sunday 3:00pm Projector Yoga Master Instructor</p>					
<p><b>30</b> Monday 5:30am-6:30am <b>Spin</b> Robert</p>					