

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

May 2018 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 30 5:30am-6:30am Spin Robert	1 5:30pm – 6:30pm Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	2 5:30am-6:30am Spin Robert	3 5:30pm – 6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Wanda	4 8:30am - 9:30am Spin Cycle Kim	5 10:45am – 11:55am Yoga Basics Beginner Level 1 Michelle Deese
7 5:30am-6:30am Spin Robert 6:45pm - 8:00pm Heated Cardio Yoga Flow Level 2/3 Katie	8 5:30pm – 6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	9 5:30am-6:30am Spin Robert 8:30am-9:30am Soothing Yoga Level 1 Katie	10 12:15pm – 1:25pm Stretch/Gentle Yoga Sharon Level 1 5:30pm – 6:45pm Extended Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Wanda	11 8:30am - 9:30am Spin Cycle Kim	12 10:45am-11:55am Gentle Slow Flow Beginner Level 1 Bri
14 5:30am-6:30am Spin Robert	15 5:30pm – 6:30pm Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	16 5:30am-6:30am Spin Robert 8:30am-9:30am Gentle Slow Flow Level 1 Bri	17 5:30am-6:30am Early Bird Yoga Katie 5:30pm – 6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Wanda	18 8:30am - 9:30am Spin Cycle Kim	19 10:45am – 11:55am Yoga Basics Beginner Level 1 Michelle Deese
21 5:30am-6:30am Spin Robert 6:45pm - 8:00pm Heated Cardio Yoga Flow Level 2/3 Katie	22 5:30pm – 6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	23 5:30am-6:30am Spin Robert 8:30am-9:30am Soothing Yoga Level 1 Katie	24 6:30pm - 7:30pm Spin Cycle Wanda	25 8:30am - 9:30am Spin Cycle Kim	26 10:45am – 11:55pm Yoga Level 1 with Aromatherapy Beginner Basics Maria
28 CLOSED 	29 5:30pm – 6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	30 5:30am-6:30am Spin Robert 8:30am-9:30am Gentle Slow Flow Level 1 Bri	31 5:30am-6:30am Early Bird Yoga Katie 12:15pm – 1:25pm Stretch/Gentle Yoga Sharon Level 1 5:30pm – 6:45pm Extended Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Wanda		