

# 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

## December 2018 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>November 30</b>	<b>1</b>
				8:30am - 9:30am Spin Cycle Kim	10:45am –11:55am Yoga Basics Beginner Level 1 Michelle Deese
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
5:30am-6:30am Spin Robert	5:30pm – 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 Gentle Slow Flow Yoga Level 1 Bri	5:30am-6:30am Early Bird Yoga Katie  12:15pm – 1:15pm Stretch/Gentle Yoga Level 1  5:30pm – 6:30pm Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon  6:30pm - 7:30pm Spin Wanda	8:30am - 9:30am Spin Cycle Kim	10:45am –11:55am Yoga Basics Beginner Level 1 Michelle Deese
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
5:30am-6:30am Spin Robert	5:30pm – 6:30pm Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon  6:30pm - 7:30pm Spin Cycle Tammy	5:30am-6:30am Spin Robert  No Yoga	5:30am-6:30am Early Bird Yoga Katie  5:30pm – 6:15pm Heated Deep Stretch (Heat/Aromatherapy) Sharon  6:30pm - 7:30pm Spin Wanda	8:30am - 9:30am Spin Cycle Kim	10:45am –11:55am Yoga Basics Beginner Level 1 Michelle Deese
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
5:30am-6:30am Spin Robert	5:30pm – 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 Gentle Slow Flow Yoga Level 1 Bri	5:30am-6:30am Early Bird Yoga Katie  12:15pm – 1:15pm Stretch/Gentle Yoga  5:30pm –6:30pm Heated Deep Stretch (Heat/Aromatherapy)  6:30pm - 7:30pm Spin Wanda	8:30am - 9:30am Spin Cycle Kim	10:45am –11:55am Yoga Level 1 with Aromatherapy Beginner Basics Maria
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
No Spin  CLOSING AT 6:30PM	<b>CLOSED</b> 	No Spin No Yoga	5:30am-6:30am Early Bird Yoga Katie  5:30pm – 6:40pm Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon  6:30pm - 7:30pm Spin - Wanda	8:30am - 9:30am Spin Cycle Kim	10:45am –11:55am Yoga Level 1 with Aromatherapy Beginner Basics Maria
<b>31</b>		<b>OPEN HOUSE</b> <b>New Years Day</b> Hours: 10:00am- 10:00pm <b>BRING A FRIEND FREE</b>			