

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

January 2019 Class Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 31 5:30am-6:30am Spin Robert	1 OPEN HOUSE New Years Day Hours: 10:00am-10:00pm BRING A FRIEND FREE	2 5:30am-6:30am Spin Robert	3 5:30am-6:30am Early Bird Yoga Katie 12:15pm – 1:30pm Stretch/Gentle Yoga 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	8 5:30pm – 6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Wanda	9 5:30am-6:30am Spin Robert 9:30am – 10:30am Yoga Basics Beginner Level 1 Michelle Deese	10 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 Cycle Tammy	11 8:30am - 9:30am Spin Cycle Kim	12 10:45am – 11:55am Yoga Basics Beginner Level 1 Michelle Deese
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 9:30am – 10:30am Yoga Basics Beginner Level 1 Michelle Deese	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 – 11:55pm Yoga Level 1 with Aromatherapy Beginner Basics Maria
21 5:30am-6:30am Spin Robert	22 5:30pm – 6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Wanda	23 5:30am-6:30am Spin Robert	24 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 Cycle Tammy	25 8:30am - 9:30am Spin Cycle Kim	26 10:45am – 11:55pm Yoga Level 1 with Aromatherapy Beginner Basics Maria
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