

Perfect Workout Gym – Upstairs Aerobics Rooms

Monday – Thursday: 4:00am – 10:00pm
Friday: 4:00am – 8:00pm

(828) 465-4055
<http://www.perfectworkout.net>

Saturday: 8:00am – 5:00pm
Sunday: 1:00pm – 5:00pm

February 2019 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			31 January 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	1 8:30am - 9:30am Spin Cycle Kim	2 9:15am –10:15am Yoga Level 1 with Aromatherapy Beginner Basics Maria 10:45am –11:55am Yoga Level 1 with Aromatherapy Beginner Basics Maria
3 3:00pm-SUNDAY Deep Stretch Sharon	5 5:30pm – 6:30pm Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	6 5:30am-6:30am Spin Robert 9:30am –10:30am Yoga Basics Beginner Level 1 Michelle Deese	7 5:30am-6:30am Early Bird Yoga 12:15pm – 1:25pm Stretch/Gentle Yoga 5:30pm –6:30pm Heated Deep Stretch (Heat/Aromatherapy) 6:30pm - 7:30pm Spin Cycle-Wanda	8 8:30am - 9:30am Spin Cycle Kim	9 9:15am –10:15am Yoga Basics Beginner Level 1 Michelle Deese 10:45am –11:55am Yoga Basics Beginner Level 1 Michelle Deese
4-Monday 5:30am-6:30am Spin Robert					
11 No Spin	12 5:30pm –6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	13 No Spin 9:30am –10:30am Yoga Basics Beginner Level 1 Michelle Deese	14 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 Wanda	15 8:30am - 9:30am Spin Cycle Kim	16 9:15am –10:15am Yoga Basics Beginner Level 1 Michelle Deese 10:45am –11:55am Yoga Basics Beginner Level 1 Michelle Deese
17 3:00pm-SUNDAY Deep Stretch Sharon	19 5:30pm – 6:30pm Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	20 5:30am-6:30am Spin- Robert	21 5:30am-6:30am Early Bird Yoga Katie 5:30pm – 6:40pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm –7:30pm Spin Cycle Wanda	22 8:30am - 9:30am Spin Cycle Kim	23 9:15am –10:15am Yoga Level 1 with Aromatherapy Beginner Basics Maria 10:45am –11:55am Yoga Level 1 with Aromatherapy Beginner Basics Maria
18-Monday 5:30am-6:30am Spin Robert		9:30am –10:30am Yoga Basics Beginner Level 1 Michelle Deese			
24 Sunday 3:00pm Deep Stretch Sharon	26 5:30pm –6:30pm Heated Deep Stretch (Heat/Aromatherapy) 6:30pm - 7:30pm Spin Cycle Tammy	27 5:30am-6:30am Spin Robert 9:30am –10:30am Yoga Basics Beginner Level 1 Michelle Deese	28 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 Wanda		
25- Monday 5:30am-6:30am Spin-Robert 6:30pm - 7:45pm Heated Cardio Yoga Flow Level 2-3 Katie					