

# 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

## March 2019 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			February 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	<b>1</b> 8:30am - 9:30am Spin Cycle Kim	<b>2</b> 9:15am –10:15am Yoga Level 1 with Aromatherapy Beginner Basics Maria 10:45am –11:55am Yoga Level 1 with Aromatherapy Beginner Basics Maria	<b>3</b> 3:00pm Deep Stretch Sharon
<b>4</b> 5:30am - 6:30am Spin Robert	<b>5</b> 5:30pm – 6:30pm Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	<b>6</b> 5:30am - 6:30am Spin Robert 9:30am - 10:30am Yoga Basics Beginner Level 1 Michelle Deese	<b>7</b> 5:30am - 6:30am Early Bird Yoga Katie 6:30pm - 7:30pm Spin Cycle Wanda	<b>8</b> 8:30am - 9:30am Spin Cycle Kim	<b>9</b> 9:15am –10:15am Yoga Basics Beginner Level 1 Michelle Deese 10:45am –11:55am Yoga Basics Beginner Level 1 Michelle Deese	<b>10</b> 3:00pm Deep Stretch Sharon
<b>11</b> 5:30am - 6:30am Spin Robert	<b>12</b> 5:30pm – 6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	<b>13</b> 5:30am - 6:30am Spin Robert 9:30am - 10:30am Yoga Basics Beginner Level 1 Michelle Deese	<b>14</b> 5:30am - 6:30am Early Bird Yoga Katie 5:30pm – 6:30pm Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Wanda	<b>15</b> 8:30am - 9:30am Spin Cycle Kim	<b>16</b> 9:15am –10:15am Yoga Level 1 with Aromatherapy Beginner Basics Maria 10:45am –11:55am Yoga Level 1 with Aromatherapy Beginner Basics Maria	<b>17</b> 3:00pm Deep Stretch Sharon
<b>18</b> 5:30am - 6:30am Spin Robert	<b>19</b> 5:30pm – 6:30pm Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	<b>20</b> 5:30am - 6:30am Spin Robert 9:30am - 10:30am Yoga Basics Beginner Level 1 Michelle Deese	<b>21</b> 5:30am - 6:30am Early Bird Yoga Katie 12:15pm – 1:25pm Stretch/Gentle Yoga 5:30pm – 6:40pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm –7:30pm Spin Cycle Wanda	<b>22</b> 8:30am - 9:30am Spin Cycle Kim	<b>23</b> 9:15am –10:15am Yoga Basics Beginner Level 1 Michelle Deese 10:45am –11:55am Yoga Basics Beginner Level 1 Michelle Deese	<b>24</b> 3:00pm Deep Stretch Sharon
<b>25</b> 5:30am - 6:30am Spin Robert	<b>26</b> 5:30pm – 6:30pm Heated Deep Stretch Sharon (Heat/Aromatherapy) 6:30pm - 7:30pm Spin Cycle Tammy	<b>27</b> 5:30am - 6:30am Spin Robert 9:30am - 10:30am Yoga Basics Beginner Level 1 Michelle Deese	<b>28</b> 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	<b>29</b> 8:30am - 9:30am Spin Cycle Kim	<b>30</b> 9:15am –10:15am Yoga Level 1 with Aromatherapy Beginner Basics Maria 10:45am –11:55am Yoga Level 1 with Aromatherapy Beginner Basics Maria	<b>31</b> 3:00pm Deep Stretch Sharon