

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

April 2019 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sunday March 31- 3:00PM STRETCH MONDAY APRIL 1ST 5:30am - 6:30am Spin Robert	2 5:30pm – 6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	3 5:30am - 6:30am Spin Robert 9:30am - 10:30am Yoga Basics Beginner Level 1 Michelle Deese	4 5:30am - 6:30am Early Bird Yoga Katie 6:30pm - 7:30pm Spin Cycle Wanda	5 8:30am - 9:30am Spin Cycle Kim	6 9:15am –10:15am Yoga Basics Beginner Level 1 Michelle Deese 10:45am –11:55am Yoga Basics Beginner Level 1 Michelle Deese	7 No Stretch
8 5:30am - 6:30am Spin Robert	9 5:30pm – 6:30pm Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	10 5:30am - 6:30am Spin Robert 9:30am - 10:30am Yoga Basics Beginner Level 1 Michelle Deese	11 5:30am - 6:30am Early Bird Yoga Katie 12:15pm – 1:25pm Stretch/Gentle Yoga Sharon 5:30pm – 6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Wanda	12 8:30am - 9:30am Spin Cycle Kim	13 9:15am –10:15am Yoga Level 1 with Aromatherapy Beginner Basics Maria 10:45am –11:55am Yoga Level 1 with Aromatherapy Beginner Basics Maria	14 3:00pm Deep Stretch Sharon
15 5:30am - 6:30am Spin Robert	16 5:30pm – 6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	17 5:30am - 6:30am Spin Robert 9:30am - 10:30am Yoga Basics Beginner Level 1 Michelle Deese	18 no early bird yoga 5:30pm – 6:40pm Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Wanda	19 8:30am - 9:30am Spin Cycle Kim	20 9:15am –10:15am Yoga Basics Beginner Level 1 Michelle Deese	21 3:00pm Deep Stretch Sharon
22 5:30am - 6:30am Spin Robert	23 5:30pm – 6:30pm Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	24 5:30am - 6:30am Spin Robert 9:30am - 10:30am Yoga Basics Beginner Level 1 Michelle Deese	25 5:30am - 6:30am Early Bird Yoga Katie 12:15pm – 1:25pm Stretch/Gentle Yoga Sharon 5:30pm – 6:40pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm –7:30pm Spin Cycle Wanda	26 8:30am - 9:30am Spin Cycle Kim	27 9:15am –10:15am Yoga Level 1 with Aromatherapy Beginner Basics Maria 10:45am –11:55am Yoga Level 1 with Aromatherapy Beginner Basics Maria	28 3:00pm Deep Stretch Sharon
29 5:30am - 6:30am Spin Robert	30 5:30pm – 6:30pm Heated Deep Stretch Sharon (Heat/Aromatherapy) 6:30pm - 7:30pm Spin Cycle Tammy					