

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

May 2019 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	April 30 th 5:30pm – 6:30pm Heated Deep Stretch Sharon (Heat/Aromatherapy) 6:30pm - 7:30pm Spin Cycle Tammy	1 5:30am - 6:30am Spin Jessica 9:30am - 10:30am Yoga Basics Beginner Level 1 Amy	2 5:30am - 6:30am Early Bird Yoga Katie No 5:30pm Yoga 6:30pm - 7:30pm Spin Cycle Wanda	3 8:30am - 9:30am Spin Cycle Kim	4 9:15am –10:25am Yoga Basics Beginner Level 1 Michelle Deese	5 No Stretch
6 5:30am - 6:30am Spin Jessica	7 5:30pm – 6:30pm Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	8 5:30am - 6:30am Spin Jessica 9:30am - 10:30am Yoga Basics Beginner Level 1 Michelle Deese	9 5:30am - 6:30am Early Bird Yoga Katie 12:15pm – 1:25pm Stretch/Gentle Yoga 5:30pm – 6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Wanda	10 8:30am - 9:30am Spin Cycle Kim	11 9:15am –10:25am Yoga Basics Beginner Level 1 Michelle Deese	12 No Stretch HAPPY MOTHERS DAY!
13 5:30am - 6:30am Spin Jessica	14 5:30pm – 6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	15 5:30am - 6:30am Spin Jessica 9:30am - 10:30am Yoga Basics Beginner Level 1 Michelle Deese	16 5:30am - 6:30am Early Bird Yoga Katie 5:30pm – 6:45pm Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Wanda	17 8:30am - 9:30am Spin Cycle Kim	18 9:15am –10:25am Yoga Level 1 with Aromatherapy Beginner Basics Maria	19 3:00pm Deep Stretch Sharon
20 5:30am - 6:30am Spin Jessica	21 5:30pm – 6:30pm Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	22 5:30am - 6:30am Spin Jessica 9:30am - 10:30am Yoga Basics Beginner Level 1 Michelle Deese	23 5:30am - 6:30am Early Bird Yoga Katie 12:15pm – 1:25pm Stretch/Gentle Yoga 5:30pm – 6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm –7:30pm Spin Cycle Wanda	24 8:30am - 9:30am Spin Cycle Kim	25 9:15am –10:25am Yoga Level 1 with Aromatherapy Beginner Basics Maria	26 No Stretch
27 CLOSED MEMORIAL 	28 5:30pm – 6:30pm Heated Deep Stretch Sharon (Heat/Aromatherapy) 6:30pm - 7:30pm Spin Cycle Tammy	29 5:30am - 6:30am Spin Jessica 9:30am - 10:30am Yoga Basics Beginner Level 1 Michelle Deese	30 5:30am - 6:30am Early Bird Yoga Katie 5:30pm – 6:45pm Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Wanda	31 8:30am - 9:30am Spin Cycle Kim		