

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

June 2019 Class Schedule

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