

Perfect Workout Gym – YOGA AND SPIN SCHEDULE

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 2020 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 5:30am - 6:15am Spin Jackie	3 12:15pm – 1:15pm Yoga Lunch Level 1 Amy 5:30pm – 6:30pm Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	4 5:30am - 6:15am Spin Jackie 9:30am - 10:30am Yoga Basics Beginner Level 1 Michelle Deese	5 12:15pm – 1:20pm Stretch/Gentle Yoga Sharon 5:30pm – 6:40pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm –7:30pm Spin Cycle Wanda	6 8:30am - 9:30am Spin Cycle Kim No 6:30pm Yoga	7 9:15am –10:15am Yoga Basics Beginner Level 1 Michelle Deese	1st and 8th 3:00pm Deep Stretch Sharon
9 5:30am - 6:15am Spin Jackie	10 12:15pm – 1:15pm Yoga Lunch Level 1 Amy 5:30pm – 6:30pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	11 5:30am - 6:15am Spin Jackie 9:30am - 10:30am Yoga Basics Beginner Level 1 Michelle Deese	12 5:30pm – 6:40pm Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon 6:30pm –7:30pm Spin Cycle Wanda	13 8:30am - 9:30am Spin Cycle Kim 6:30pm –7:30pm Vinyasa Low flow for Beginners Maria	14 9:15am –10:15am Yoga Level 1 with Aromatherapy Beginner Basics Maria	15 3:00pm Deep Stretch Sharon
16 5:30am - 6:15am Spin Jackie	17 12:15pm – 1:15pm Yoga Lunch Level 1 Amy 5:30pm – 6:30pm Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Tammy	18 5:30am - 6:15am Spin Jackie 9:30am - 10:30am Yoga Basics Beginner Level 1 Michelle Deese	19 5:30pm – 6:40pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm - 7:30pm Spin Cycle Wanda	20 8:30am - 9:30am Spin Cycle Kim No 6:30pm Yoga	21 9:15am –10:15am Yoga Basics Beginner Level 1 Michelle Deese	22 3:00pm Deep Stretch Sharon
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