

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

September 2020 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31st August	1 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	2	3 12:15pm – 1:20pm Stretch/Gentle Yoga Sharon 5:30pm – 6:40pm Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon 6:30pm –7:30pm Spin Cycle Wanda	4 8:30am - 9:30am Spin Cycle Kim 6:30pm –7:30pm Beginner Yoga Maria	5 9:15am –10:15am Yoga Level 1 with Aromatherapy Beginner Basics Maria	6 3:00pm Deep Stretch Sharon
7	8 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	9	10 5:30pm – 6:40pm Heated Deep Stretch (Heat/Aromatherapy) Sharon 6:30pm –7:30pm Spin Cycle Wanda	11 8:30am - 9:30am Spin Cycle Kim 6:30pm –7:30pm Beginner Yoga Maria	12	13 3:00pm Deep Stretch Sharon
14	15 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	16	17 5:30pm – 6:40pm Yoga Flow Level 1-2 (Heat/Aromatherapy) Sharon No Spin	18 8:30am - 9:30am Spin Cycle Kim 6:30pm –7:30pm Beginner Yoga Maria	19 9:15am –10:15am Yoga Level 1 with Aromatherapy Beginner Basics Maria	20 3:00pm Deep Stretch Sharon
21	22 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	23	24 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	25 8:30am - 9:30am Spin Cycle Kim 6:30pm –7:30pm Beginner Yoga Maria	26	27 3:00pm Deep Stretch Sharon
28	29 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	30				