

Conditioning



April

2017

Sun	Mon	Tue	Wen	Thu	Fri	Sat
						1 Kaatsu training 18:00~18:50
2	3 Refreshed Pilates 10:00~11:00 Silk Stretch10:00~11:00 Kaatsu training 10:15~11:05 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	4 Silk Stretch 18:30~19:30	5 Refreshed Pilates 10:00~11:00 Kaatsu training 10:15~11:05 17:30~18:20	6 Closed	7	8
9	10 Refreshed Pilates 10:00~11:00 Silk Stretch10:00~11:00 Kaatsu training 10:15~11:05 11:15~12:05 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	11 Kaatsu training 17:30~18:20 Pilates for Flying Trapeze 20:00~21:00	12 Silk Stretch 10:00~11:00	13 Closed	14 Kaatsu training 17:30~18:20	15 Kaatsu training 18:00~18:50
16	17 Refreshed Pilates 10:00~11:00 Silk Stretch10:00~11:00 Kaatsu training 10:15~11:05 11:15~12:05 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	18 Silk Stretch 18:30~19:30	19 Refreshed Pilates 10:00~11:00 Kaatsu training 10:15~11:05 12:45~13:35 17:30~18:20 Pilates for Flying Trapeze 17:30~18:30	20 Closed	21	22 Kaatsu training 18:00~18:50
23	24 Refreshed Pilates 10:00~11:00 Silk Stretch10:00~11:00 Kaatsu training 10:15~11:05 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	25 Silk Stretch 18:30~19:30	26 Refreshed Pilates 10:00~11:00 Kaatsu training 10:15~11:05 Silk Stretch 10:00~11:00	27 Closed	28 Kaatsu training 17:30~18:20	29 Showa Day Kaatsu training 18:00~18:50
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