

Conditioning



May

2017

Sun	Mon	Tue	Wen	Thu	Fri	Sat
	1 Kaatsu training 20:00~20:50	2 Closed	3 Constitution Memorial Day	4 Greenery Day Kaatsu training 19:15~20:05	5 Children's Day	6 Kaatsu training 18:00~18:50
7	8 Refreshed Pilates 10:00~11:00 Kaatsu training 10:15~11:05 11:15~12:05 20:00~20:50	9 Kaatsu training 17:30~18:20 Pilates for Flying Trapeze 20:00~21:00 Silk Stretch 20:00~21:00	10 Silk Stretch 10:00~11:00	11 Closed	12 Closed	13 Kaatsu training 18:00~18:50
14	15 Refreshed Pilates 10:00~11:00 Kaatsu training 10:15~11:05 11:15~12:05 20:00~20:50	16	17 Refreshed Pilates 10:00~11:00 Silk Stretch 10:00~11:00 Kaatsu training 10:15~11:05	18 Closed	19	20 Kaatsu training 18:00~18:50
21	22 Refreshed Pilates 10:00~11:00 Silk Stretch 10:00~11:00 Kaatsu training 10:15~11:05 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	23 Silk Stretch 18:30~19:30	24 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	25 Closed	26	27 Kaatsu training 18:00~18:50
28	29 Refreshed Pilates 10:00~11:00 Silk Stretch 10:00~11:00 Kaatsu training 10:15~11:05 11:15~12:05 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	30 Silk Stretch 18:30~19:30	31 Refreshed Pilates 10:00~11:00 Silk Stretch 10:00~11:00 Kaatsu training 10:15~11:05 17:30~18:20 Pilates for Flying Trapeze 17:30~18:30			