

Conditioning



June

2017

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