

# Conditioning



August

2017

Sun	Mon	Tue	Wen	Thu	Fri	Sat
		1 Kaatsu training 17:30~18:20 Pilates for Flying Trapeze 20:00~21:00 Silk Stretch 20:00~21:00	2 Silk Stretch 10:00~11:00	3 Closed	4	5 Kaatsu training 18:00~18:50
6	7 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	8 Refreshed Pilates 17:15~18:15 Kaatsu training 17:30~18:20 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00 Silk Stretch 20:00~21:00	9 Closed	10 Closed	11 Mountain Day	12 Kaatsu training 18:00~18:50
13	14 Kaatsu training 20:00~20:50	15	16 Kaatsu training 18:00~18:50 Silk Stretch 17:45~18:45 Pilates for Flying Trapeze 17:45~18:45	17 Closed	18 Closed	19 Kaatsu training 18:00~18:50
20	21 Refreshed Pilates 10:00~11:00 Kaatsu training 10:15~11:05 11:15~12:05 20:00~20:50	22 Silk Stretch 18:30~19:30	23 Refreshed Pilates 10:00~11:00 Silk Stretch 10:00~11:00 Kaatsu training 10:15~11:05 17:30~18:20	24 Closed	25	26 Kaatsu training 18:00~18:50
27	28 Refreshed Pilates 10:00~11:00 Kaatsu training 10:15~11:05 20:00~20:50	29 Silk Stretch 18:30~19:30	30 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	31 Closed		