

Conditioning



October

2017

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