

Conditioning



February

2018

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