

Conditioning



March

2018

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 20:00~20:50	6 Silk Stretch 17:15~18:15	7 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	8 Closed	9 Kaatsu training 17:30~18:20 Pilates for Flying Trapeze 17:30~18:30	10 Kaatsu training 18:00~18:50
11	12 Refreshed Pilates 10:00~11:00 Silk Stretch10:00~11:00 Kaatsu training 10:15~11:05 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	13 Refreshed Pilates 17:15~18:15 Kaatsu training 17:30~18:20 18:30~19:20	14 Silk Stretch 10:00~11:00	15 Closed	16 Kaatsu training 17:30~18:20	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 Vernal Equinox Day Kaatsu training 18:00~18:50 Refreshed Pilates 18:00~19:00	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 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 17:30~18:20 Pilates for Flying Trapeze 17:30~18:30	29 Closed	30	31 Kaatsu training 18:00~18:50