

Conditioning



April

2018

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