

Conditioning



May	2018	Sun	Mon	Tue	Wen	Thu	Fri	Sat
				1 Closed	2 Closed	3 Constitution Day	4 Greenery Day	5 Children's Day Kaatsu training 18:00~18:50
6	7 Silk Stretch 10:00~11:00 Kaatsu training 10:15~11:05 20:00~20:50	8 Silk Stretch 17:15~18:15	9 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	10 Closed	11	12 Kaatsu training 18:00~18:50		
13	14 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	15 Silk Stretch 17:15~18:15	16 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	17 Closed	18 Kaatsu training 17:30~18:20 Pilates for Flying Trapeze 17:30~18:30	19 Kaatsu training 18:00~18:50		
20	21 Refreshed Pilates 10:00~11:00 Silk Stretch 10:00~11:00 Kaatsu training 10:15~11:05 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	22 Kaatsu training 17:00~17:50 Pilates for Flying Trapeze 17:00~18:00	23 Silk Stretch 10:00~11:00	24 Closed	25	26 Kaatsu training 18:00~18:50		
27	28 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	29	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				