

Conditioning



June

2018

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