

Conditioning



July

2018

Sun	Mon	Tue	Wen	Thu	Fri	Sat
1	2 Silk Stretch 10:00~11:00 Kaatsu training 10:15~11:05 20:00~20:50	3 Silk Stretch 17:15~18:15	4 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	5 Closed	6	7 Kaatsu training 18:00~18:50
8	9 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	10	11 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	12 Closed	13	14 Kaatsu training 18:00~18:50
15	16 Marine Day Kaatsu training 20:00~20:50	17 Kaatsu training 17:30~18:20 Pilates for Flying Trapeze 17:15~18:15	18 Silk Stretch 10:00~11:00	19 Closed	20 Kaatsu training 17:30~18:20 Pilates for Flying Trapeze 17:30~18:30	21 Kaatsu training 18:00~18:50
22	23 Refreshed Pilates 10:00~11:00 Kaatsu training 10:15~11:05 11:15~12:05 20:00~20:50	24	25 Closed	26 Closed	27 Refreshed Pilates 10:00~11:00 Silk Stretch 10:00~11:00 Kaatsu training 10:15~11:05	28 Kaatsu training 18:00~18:50 Private Flexible stretch 17:45~19:00
29 Private Flexible stretch 11:00~12:15 13:00~14:15	30 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	31 Silk Stretch 17:15~18:15				