

Conditioning



August

2018

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