

Conditioning



September

2018

Sun	Mon	Tue	Wen	Thu	Fri	Sat
						1 Kaatsu training 18:00~18:50
2	3 Refreshed Pilates 10:00~11:00 Silk Stretch10:00~11:00 Kaatsu training 10:15~11:05 20:00~20:50	4 Silk Stretch 17:15~18:15	5 Silk Stretch 10:00~11:00	6 Closed	7 Kaatsu training 17:30~18:20	8 Kaatsu training 18:00~18:50
9	10 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	11 Silk Stretch 17:15~18:15	12 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	13 Closed	14 Kaatsu training 17:30~18:20 Pilates for Flying Trapeze 17:30~18:30	15 Kaatsu training 18:00~18:50
16	17 Respect for the Aged Day Kaatsu training 20:00~20:50	18 Kaatsu training 17:30~18:20 Pilates for Flying Trapeze 17:15~18:15	19 Silk Stretch 10:00~11:00	20 Closed	21	22 Kaatsu training 18:00~18:50
23 Autumnal Equinox Day	24 substitute holiday Kaatsu training 20:00~20:50	25	26 Closed	27 Closed	28 Closed	29 Kaatsu training 18:00~18:50
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