

Conditioning



October

2018

Sun	Mon	Tue	Wen	Thu	Fri	Sat
	1 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	2 Silk Stretch 17:15~18:15	3 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	4 Closed	5	6 Kaatsu training 18:00~18:50
7	8 Health and Sports Day Kaatsu training 20:00~20:50	9 Kaatsu training 17:30~18:20 Pilates for Flying Trapeze 17:15~18:15	10 Silk Stretch 10:00~11:00	11 Closed	12 Kaatsu training 17:30~18:20 Pilates for Flying Trapeze 17:30~18:30	13 Kaatsu training 18:00~18:50
14	15 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	16	17 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	18 Closed	19	20 Kaatsu training 18:00~18:50
21	22 Refreshed Pilates 10:00~11:00 Silk Stretch10:00~11:00 Kaatsu training 10:15~11:05 20:00~20:50	23 Silk Stretch 17:15~18:15	24 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	25 Closed	26	27 Kaatsu training 18:00~18:50
28	29 Refreshed Pilates 10:00~11:00 Kaatsu training 10:15~11:05 11:15~12:05 20:00~20:50	30 Silk Stretch 17:15~18:15	31 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			