

Conditioning



November

2018

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