

Conditioning



December

2018

Sun	Mon	Tue	Wen	Thu	Fri	Sat
						1 Kaatsu training 18:00~18:50
2	3 Refreshed Pilates 10:00~11:00 Silk Stretch 10:00~11:00 Kaatsu training 10:15~11:05 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	4 Refreshed Pilates 17:15~18:15 Silk Stretch 20:00~21:00 Kaatsu training 17:15~18:05 18:30~19:20 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	5 Refreshed Pilates 10:00~11:00 Silk Stretch 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	6 Closed	7 Closed	8 Kaatsu training 18:00~18:50
9	10 Refreshed Pilates 10:00~11:00 Silk Stretch 10:00~11:00 Kaatsu training 10:15~11:05 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	11 Refreshed Pilates 17:15~18:15 Silk Stretch 20:00~21:00 Kaatsu training 17:15~18:05 18:30~19:20 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	12 Refreshed Pilates 10:00~11:00 Silk Stretch 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	13 Closed	14 Closed	15
16	17 Refreshed Pilates 10:00~11:00 Silk Stretch 10:00~11:00 Kaatsu training 10:15~11:05 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	18 Refreshed Pilates 17:15~18:15 Silk Stretch 20:00~21:00 Kaatsu training 17:15~18:05 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	19 Refreshed Pilates 10:00~11:00 Kaatsu training 10:15~11:05 17:30~18:20 Pilates for Flying Trapeze 17:30~18:30	20 Closed	21 Closed	22 Kaatsu training 18:00~18:50
23 Emperor's Birthday	24 substitute holiday Kaatsu training 20:00~20:50 Pilates for Flying Trapeze 19:30~20:30	25 Kaatsu training 17:15~18:05 18:30~19:20 Pilates for Flying Trapeze 17:15~18:15	26 Refreshed Pilates 12:45~13:45 Silk Stretch 12:45~13:45 Kaatsu training 10:15~11:05 12:45~13:35 17:30~18:20 Pilates for Flying Trapeze 17:30~18:30	27 Closed	28 Silk Stretch 10:00~11:00	29 Kaatsu training 15:30~16:20 Pilates for Flying Trapeze 15:30~16:30
30	31 Closed					