

Conditioning



January

2019

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