

Conditioning



February

2019

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