

# Conditoning



March

2019

Sun	Mon	Tue	Wen	Thu	Fri	Sat
					1	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 Pilates for Flying Trapeze 17:00~18:00 Refreshed Pilates 19:45~20:45 Silk Stretch 19:45~20:45 Kaatsu training 19:45~20:35	6 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 12:45~13:35	7 Closed	8 Closed	9 Kaatsu training 18:00~18:50
10	11 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	12 Pilates for Flying Trapeze 17:00~18:00 Refreshed Pilates 19:45~20:45 Silk Stretch 19:45~20:45 Kaatsu training 19:45~20:35	13 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 12:45~13:35	14 Closed	15 Closed	16 Kaatsu training 18:00~18:50
17	18 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	19 Closed	20 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 12:45~13:35	21 Vernal Equinox Day Pilates for Flying Trapeze 19:30~20:30	22 Closed	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 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 12:45~13:35	28 Closed	29 Closed	30 Kaatsu training 18:00~18:50
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