

# Conditioning



April	2019					
Sun	Mon	Tue	Wen	Thu	Fri	Sat
	<b>1</b> 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	<b>2</b> 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	<b>3</b> 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 12:45~13:45	<b>4</b> Closed	<b>5</b> Closed	<b>6</b> Kaatsu training 18:00~18:50
<b>7</b>	<b>8</b> 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	<b>9</b> 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	<b>10</b> 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 12:45~13:45	<b>11</b> Closed	<b>12</b> Closed	<b>13</b> Kaatsu training 18:00~18:50
<b>14</b>	<b>15</b> 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	<b>16</b> 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	<b>17</b> 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 12:45~13:45	<b>18</b> Closed	<b>19</b> Closed	<b>20</b> Kaatsu training 18:00~18:50
<b>21</b>	<b>22</b> 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	<b>23</b> 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	<b>24</b> Refreshed Pilates 10:00~11:00 Kaatsu training 10:15~11:05 17:30~ 18:20 Pilates for Flying Trapeze 17:30~18:30	<b>25</b> Closed	<b>26</b> Closed	<b>27</b> Kaatsu training 18:00~18:50
<b>28</b>	<b>29 Showa Day</b> Kaatsu training 20:00~20:50	<b>30 Abdication of the day</b> Closed				