

June

2019

Conditioning



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 11:15~12:05 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	4 Pilates for Flying Trapeze 17:00~18:00 Refreshed Pilates 19:45~20:45 Silk Stretch 19:45~20:45	5 Silk Stretch 10:00~11:00	6 Closed	7	8 Kaatsu training 18:00~18:50
9	10 Refreshed Pilates 10:00~11:00 Kaatsu training 10:15~11:05 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	11 Silk Stretch 17:15~18:15	12 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 17:30~18:30	13 Closed	14	15
16	17 Closed	18	19 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	20 Closed	21 Refreshed Pilates 10:00~11:00 Silk Stretch 10:00~11:00 Kaatsu training 10:15~11:05 Pilates for Flying Trapeze 12:45~13:45	22 Kaatsu training 18:00~18:50
23	24 Refreshed Pilates 10:00~11:00 Silk Stretch 10:00~11:00 Kaatsu training 10:15~11:05 20:00~20:50	25 Pilates for Flying Trapeze 17:00~18:00 Refreshed Pilates 19:45~20:45 Kaatsu training 19:45~20:35	26 Silk Stretch 10:00~11:00	27 Closed	28 Kaatsu training 17:30~18:20 Pilates for Flying Trapeze 17:30~18:30	29 Kaatsu training 18:00~18:50
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