

# Conditioning



July

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 20:00~20:50	<b>2</b> Silk Stretch 17:15~18:15	<b>3</b> Silk Stretch 10:00~11:00	<b>4</b> Closed	<b>5</b>	<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>	<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	<b>11</b> Closed	<b>12</b>	<b>13</b> Kaatsu training 18:00~18:50
<b>14</b>	<b>15 Marine Day</b> Kaatsu training 20:00~20:50	<b>16</b> Silk Stretch 17:15~18:15	<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	<b>18</b> Closed	<b>19</b>	<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 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	<b>23</b> Silk Stretch 17:15~18:15	<b>24</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 17:30~18:30	<b>25</b> Closed	<b>26</b> Kaatsu training 17:30~18:20 Pilates for Flying Trapeze 17:30~18:30	<b>27</b> Kaatsu training 18:00~18:50
<b>28</b>	<b>29</b> Refreshed Pilates 10:00~11:00 Silk Stretch 10:00~11:00 Kaatsu training 10:15~11:05 20:00~20:50	<b>30</b>	<b>31</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			