

Conditioning



August

2019

Sun	Mon	Tue	Wen	Thu	Fri	Sst
				1 Closed	2	3 Kaatsu training 18:00~18:50
4	5 Refreshed Pilates 10:00~11:00 Kaatsu training 10:15~11:05 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	6 Silk Stretch 17:15~18:15	7 Kaatsu training 10:15~11:05 17:30~18:20	8 Closed	9 Closed	10 Kaatsu training 18:00~18:50
11 Mountain of the day	12 Substitute holiday Kaatsu training 20:00~20:50	13	14 Kaatsu training 18:00~18:50	15 Pilates for Flying Trapeze 19:00~20:00	16 Closed	17 Kaatsu training 18:00~18:50
18	19 Silk Stretch 10:00~11:00 Kaatsu training 10:15~11:05 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	20 Kaatsu training 10:15~11:05 Silk Stretch 17:30~18:30	21 Kaatsu training 10:15~11:05 17:30~18:20	22 Closed	23	24 Kaatsu training 18:00~18:50
25	26 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	27 Silk Stretch 17:15~18:15	28 Kaatsu training 10:15~11:05 17:30~18:20	29 Closed	30	31 Kaatsu training 18:00~18:50