

Conditioning



November

2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Kaatsu training 10:00~11:50	2 Refreshed Pilates 10:00~11:00 Acrobat 10:00~11:00 Kaatsu training 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00 Flexibility (Introduction) 19:45~20:45	3 Culture Day Hands stand (Introduction) 10:00~11:00 Acrobat 18:30~19:30	4 Refreshed Pilates 13:00~14:00 Kaatsu training 13:00~13:50 17:30~18:20 Acrobat 13:00~14:00 Pilates for Flying Trapeze 17:15~18:15 Kid's Circus 17:15~18:15 Splits (Introduction) 19:00~20:00	5 Closed	6 Closed	7 Kaatsu training 18:00~18:50 Fly'n Combat 18:00~19:00
8	9 Refreshed Pilates 10:00~11:00 Pilates for Flying Trapeze 19:45~20:45 Kaatsu training 10:00~11:50 20:00~20:50	10 Kid's Circus 17:00~18:00 Acrobat 18:30~19:30	11 Kaatsu training 13:00~13:50 17:30~18:20 Acrobat 13:00~14:00 Pilates for Flying Trapeze 17:15~18:15 Flexibility (Introduction) 19:00~20:00	12 Closed	13 Closed	14 Kaatsu training 18:00~18:50 Acrobat 18:00~19:00
15 Kaatsu training 17:15~18:05 Kid's Circus 17:15~18:15	16 Refreshed Pilates 10:00~11:00 Acrobat 10:00~11:00 Kaatsu training 20:00~20:50	17 Acrobat 18:30~19:30	18 Refreshed Pilates 13:00~14:00 Acrobat 13:00~14:00 Kaatsu training 13:00~13:50 17:30~18:20 Pilates for Flying Trapeze 17:15~18:15	19 Closed	20 Closed	21 Kaatsu training 18:00~18:50 Fly'n Combat 18:00~19:00
22 Kaatsu training 10:00~11:00	23 Labor Thanksgiving Day Kaatsu training 20:00~20:50 Splits (Introduction) 17:45~18:45 Flexibility (Introduction) 19:00~20:00	24 Acrobat 18:30~19:30	25 Kaatsu training 13:00~13:50 17:30~18:20 Acrobat 13:00~14:00 Pilates for Flying Trapeze 17:15~18:15 Kid's Circus 17:15~18:15 Hands stand (Introduction) 19:00~20:00	26 Closed	27 Closed	28 Kaatsu training 18:00~18:50 Acrobat 18:00~19:00
29 Kaatsu training 17:15~18:05	30 Refreshed Pilates 10:00~11:00 Kaatsu training 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00					