

Conditioning



December

2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Acrobat 18:30~19:30	2 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 Kid's Circus 17:15~18:15	3 Closed	4 Closed	5 Kaatsu training 18:00~18:50 Acrobat 12:30~13:30
6 Kaatsu training 17:15~18:05 Acrobat 11:30~12:30 Fly'n Combat 12:45~13:45	7 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	8 Kid's Circus 17:00~18:00 Acrobat 18:30~19:30	9 Acrobat 13:00~14:00 Kaatsu training 13:00~13:50 17:30~18:20 Pilates for Flying Trapeze 17:15~18:15	10 Closed	11 Closed	12 Kaatsu training 18:00~18:50 Acrobat 18:00~19:00 Fly'n Combat 18:00~19:00
13 Kaatsu training 17:15~18:05 Kid's Circus 17:15~18:15	14 Refreshed Pilates 10:00~11:00 Kaatsu training 20:00~20:50 Flexibility (Introduction) 19:45~20:45	15 Acrobat 18:30~19:30	16 Acrobat 13:00~14:00 Kaatsu training 13:00~13:50 17:30~18:20 Splits (Introduction) 19:00~20:00	17 Closed	18 Closed	19 Kaatsu training 18:00~18:50 Fly'n Combat 18:00~19:00
20 Kaatsu training 17:15~18:05	21 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	22 Acrobat 18:30~19:30	23 Acrobat 13:00~14:00 Kaatsu training 13:00~13:50 17:30~18:20 Pilates for Flying Trapeze 17:15~18:15 Kid's Circus 17:15~18:15	24 Closed	25 Closed	26 Kaatsu training 18:00~18:50 Acrobat 18:00~19:00
27 Kaatsu training 17:15~18:05	28 Refreshed Pilates 10:00~11:00 Kaatsu training 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00 Hands stand (Introduction) 19:45~20:45	29 Flexibility (Introduction) 12:30~13:30	30 Closed	31 Closed		