

# Conditioning



January

2021

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