

Conditioning



September

2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Refreshed Pilates 13:00~14:00 Kaatsu training 13:00~13:50 17:30~18:20 Pilates for Flying Trapeze 17:15~18:15	2 Closed	3 Closed	4 Kaatsu training 18:00~18:50
5	6 Refreshed Pilates 10:00~11:00 Kaatsu training 10:00~10:50 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	7 Kaatsu training 16:30~17:20	8 Refreshed Pilates 13:00~14:00 Kaatsu training 13:00~13:50 17:30~18:20	9 Closed	10 Closed	11
12	13 Refreshed Pilates 10:00~11:00 Kaatsu training 10:00~10:50 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	14 Kaatsu training 16:30~17:20	15 Refreshed Pilates 13:00~14:00 Kaatsu training 13:00~13:50 17:30~18:20 Pilates for Flying Trapeze 17:15~18:15	16 Closed	17 Closed	18 Kaatsu training 18:00~18:50
19	20 Respect for the aged day Kaatsu training 18:00~18:50 20:00~20:50	21 Closed	22 Refreshed Pilates 13:00~14:00 Kaatsu training 13:00~13:50 17:30~18:20 Pilates for Flying Trapeze 17:15~18:15	23 Vernal Equinox Day Hands stand (Introduction) 15:30~16:30 Splits(Introduction) 17:00~18:00 Flexibility (Introduction) 18:30~19:30	24 Closed	25 Kaatsu training 18:00~18:50
26	27 Refreshed Pilates 10:00~11:00 Kaatsu training 10:00~10:50 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	28	29 Refreshed Pilates 13:00~14:00 Kaatsu training 13:00~13:50 17:30~18:20 Pilates for Flying Trapeze 17:15~18:15	30 Closed		