

Conditioning



October

2021

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|--|--------------|--------------|--------------------------------------|
| | | | | | 1 Closed | 2 Kaatsu training 18:00~18:50 |
| 3 | 4 Refreshed Pilates 10:00~11:00 Kaatsu training 10:00~10:50 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00 | 5 | 6 Refreshed Pilates 10:00~11:00 Kaatsu training 10:00~10:50 17:30~18:20 Pilates for Flying Trapeze 17:15~18:15 | 7 Closed | 8 Closed | 9 Kaatsu training 18:00~18:50 |
| 10 | 11 Kaatsu training 10:00~10:50 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00 | 12 Kaatsu training 16:30~17:20 Refreshed Pilates 17:00~18:00 | 13 Refreshed Pilates 10:00~11:00 Kaatsu training 10:00~10:50 17:30~18:20 Pilates for Flying Trapeze 17:15~18:15 | 14 Closed | 15 Closed | 16 |
| 17 | 18 | 19 | 20 | 21 Closed | 22 Closed | 23 Kaatsu training 18:00~18:50 |
| 24 Flexibility (Introduction) 17:15~18:15 | 25 Refreshed Pilates 10:00~11:00 Kaatsu training 10:00~10:50 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00 | 26 | 27 Refreshed Pilates 10:00~11:00 Kaatsu training 10:00~10:50 17:30~18:20 Pilates for Flying Trapeze 17:15~18:15 | 28 Closed | 29 Closed | 30 Kaatsu training 18:00~18:50 |
| 31 | | | | | | |