

Conditioning



November

2021

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