

# Conditioning



September

2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Closed	2 Closed	3 Kaatsu training 18:00~18:50
4	5 Refreshed Pilates 10:00~11:00 Kaatsu training 10:00~10:50 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	6	7 Refreshed Pilates 10:00~11:00 Kaatsu training 10:00~10:50 17:30~18:20 Pilates for Flying Trapeze 17:15~18:15	8 Closed	9 Closed	10 Kaatsu training 18:00~18:50 Acrobat 18:00~19:00
11 Splits (Introduction) 16:00~17:00 Flexibility (Introduction) 17:15~18:15	12 Refreshed Pilates 10:00~11:00 Kaatsu training 10:00~10:50 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	13	14 Refreshed Pilates 10:00~11:00 Kaatsu training 10:00~10:50 17:30~18:20	15 Closed	16 Closed	17 Kaatsu training 18:00~18:50
18 Hands stand (Introduction) 16:00~17:00 Flexibility (Introduction) 17:15~18:15	19 Respect for the aged day Splits (Introduction) 15:30~16:30 Hands stand (Introduction) 16:45~17:45 Flexibility (Introduction) 18:00~19:00 加圧トレーニング 18:30~19:20 20:00~20:50	20 Closed	21 Refreshed Pilates 10:00~11:00 Kaatsu training 10:00~10:50 17:30~18:20 Pilates for Flying Trapeze 17:15~18:15	22 Closed	23 Vernal Equinox Day	24 Kaatsu training 18:00~18:50
25 Acrobat 10:00~11:00	26 Refreshed Pilates 10:00~11:00 Kaatsu training 10:00~10:50 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	27	28 Refreshed Pilates 10:00~11:00 Kaatsu training 10:00~10:50 17:30~18:20	29 Closed	30 Closed	