

# Conditioning



October

2022

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