

Conditioning



November

2022

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