

# Conditioning

February

2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Kaatsu training 18:00~18:50
2	3 Kaatsu training 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	4	5 Refreshed Pilates 10:00~11:00 Kaatsu training 17:30~18:20 Pilates for Flying Trapeze 17:15~18:15	6 Closed	7 Closed	8 Kaatsu training 18:00~18:50
9 Splits(Introduction) 13:45~14:45 Hands stand (Introduction) 14:50~15:50 Flexibility (Introduction) 15:55~16:55 Flexibility (intermediate) 17:00~18:00	10 Refreshed Pilates 10:00~11:00 Kaatsu training 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	11 National Foundation Day	12 Refreshed Pilates 10:00~11:00 Kaatsu training 17:30~18:20 Pilates for Flying Trapeze 17:15~18:15	13 Closed	14 Closed	15 Kaatsu training 18:00~18:50
16	17 Refreshed Pilates 10:00~11:00 Kaatsu training 20:00~20:50 Pilates for Flying Trapeze 20:00~21:00	18	19 Refreshed Pilates 10:00~11:00 Kaatsu training 17:30~18:20 Pilates for Flying Trapeze 17:15~18:15	20 Closed	21 Closed	22 Kaatsu training 18:00~18:50
23 The emperor's birthday Splits(Introduction) 13:45~14:45 Hands stand (Introduction) 14:50~15:50 Flexibility (Introduction) 15:55~16:55 Flexibility (intermediate) 17:00~18:00	24 Substitute holiday Kaatsu training 20:00~20:50	25	26 Refreshed Pilates 10:00~11:00 Kaatsu training 17:30~18:20 Pilates for Flying Trapeze 17:15~18:15	27 Closed	28 Closed	