

# Conditioning



March

2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Kaatsu training 18:00~18:50
2	3 Refreshed Pilates 10:00~11:00 Kaatsu training 20:00~20:50	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 Flexibility (Introduction) 14:45~15:45 Hands stand (Introduction) 15:50~16:50 Splits(Introduction) 17:00~18:00	10 Refreshed Pilates 10:00~11:00 Kaatsu training 20:00~20:50	11	12	13 Closed	14 Closed	15
16	17 Kaatsu training 20:00~20:50	18 Closed	19 Refreshed Pilates 10:00~11:00 Kaatsu training 17:30~18:20 Pilates for Flying Trapeze 17:15~18:15	20 Vernal Equinox Day	21 Closed	22 Kaatsu training 18:00~18:50
23	24 Refreshed Pilates 10:00~11:00 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	29 Kaatsu training 18:00~18:50
30 Splits(Introduction) 13:40~14:40 Hands stand (Introduction) 14:45~15:45 Flexibility (Introduction) 15:50~16:50	31 Refreshed Pilates 10:00~11:00 Kaatsu training 20:00~20:50					