

Conditioning

April

2025

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