	р	ilate	s K 宮崎	店		ľ	11/01	~	11/0	8	1	スケ	ジュ-	ール							2025/1	0/12	更新
	11/0	01			11/02		11/03			11/04			11/05			11/06			11/07			11/08	
	±				Ħ		月			火			水			木		±		±			
10:30	~		11:30	10:30	~	11:30			10:30	~	11:30	10:30	~	11:30				10:30	~	11:30	10:30	~	11:30
	Basic		jump to burn				Basic			Hip & Leg						Pilates Barre		Hip & Leg		3			
	akar	i.K			Nazu.Y					akari.K			Nazu.Y						Nazu.	1		haruka.	Y
12:00	~		13:00	12:30	~	13:30			12:00	~	13:00	12:30	~	13:30				12:00	~	13:00	12:00	~	13:00
Back & Arm		Hip&Leg				Pilates Barre		Stretch & Conditioning					Pilates Workout			Basic							
	haruk	ka.Y		ı	naruka.\	,				Nazu.Y			akari.K						Nazu.	1		akari.K	i .
13:30	~	•	14:30	14:30	~	15:30			13:30	~	14:30							13:30	~	14:30	13:30	~	14:30
Во	dy B	alan	ice	Basic				Waist									Waist			Pilates Cardio		ırdio	
	Nazı	u.Y			Nazu.Y			akari.K									Yui.H			haruka.Y		Y	
15:00	~		16:00	16:30	~	17:30										close					15:00	~	16:00
	Waist			Pilates Cardio																	Basic		
	akar	i.K		haruka.Y							close							akari.K		i .			
17:30			10.20			close		close									close			17:20		18:30	
17:30	~		18:30																		17:30		18:30
'	Leg L	ines	•																			Waist	
	haruk	ka.Y																				akari.K	i
									18:00	~	19:00	18:00	~	19:00	18:00	~	19:00	18:00	~	19:00			
				close					Release&Strength		Shape up waist		Basic			Hip & Leg							
										Yui.H		haruka.Y				Yui.H			Yui.H				
									19:30	~	20:30	19:30	~	20:30	19:30	~	20:30	19:30	~	20:30			
	olose						Pilates Workout			Basic			Hip & Leg			Basic			close				
						Nazu.Y			Yui.H		Yui.H		akari.K			1							
								21:00	~	22:00	21:00	~	22:00	21:00	~	22:00	21:00	~	22:00				
								Back & Arm			V	Vaist		Pilates Cardio			Back & Arm						
								Yui.H			Yui.H		h	aruka.`	1		Yui.H						

pilates K 宮崎』	i (11/09 ~	11/16	スケジュール			2025/10/12 更新		
11/09	11/10	11/11	11/12	11/13	11/14	11/15	11/16		
Ħ	月	火	*	*	金	±	Ħ		
10:30 ~ 11:30		10:30 ~ 11:30	10:30 ~ 11:30		10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30		
Release&Strength		Back & Arm	Hip & Leg		Waist	Pilates Barre	Pilates Workout		
Yui.H		Yui.H	haruka.Y		akari.K	Nazu.Y	Nazu.Y		
12:30 ~ 13:30		12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30		
Shape up waist		Pilates Cardio	Basic		Back & Arm	Hip & Leg	Stretch & Conditioning		
haruka.Y		haruka.Y	akari.K		Yui.H	Yui.H	akari.K		
14:30 ~ 15:30		13:30 ~ 14:30			13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30		
Back & Arm		Basic			Basic	Waist	Body Balance		
Yui.H		Yui.H		close	akari.K	Yui.H	Nazu.Y		
16:30 ~ 17:30				CIOSE		15:00 ~ 16:00	16:30 ~ 17:30		
Leg Lines						jump to burn	Basic		
haruka.Y			close			Nazu.Y	akari.K		
	close	close			close	17:30 ~ 18:30			
						W - 11			
		10.00	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	Yui.H			
olose		18:00 ~ 19:00 Waist	Basic	Back & Arm	Basic		close		
		akari.K	akari.K	Yui.H	Yui.H				
		19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30				
		Leg Lines	Back & Arm	Basic	Hip & Leg	close			
		haruka.Y	Yui.H	akari.K	Yui.H				
		21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00				
		Stretch & Conditioning	Waist	Release&Strength	Basic				
		akari.K	Yui.H	Yui.H	Nazu.Y				

pilates K 宮崎店		11/17 ~	11/24	スケジュール			2025/10/12 更
11/17	11/18	11/19	11/20	11/21	11/22	11/23	11/24
Я	火	*	*	±	±	Ħ	月
0:30 ~ 11:30 Shape up waist				10:30 ~ 11:30 Basic	10:30 ~ 11:30 Hip&Leg	10:30 ~ 11:30 Basic	
Nazu.Y				akari.K	Yui.H	haruka.Y	
2:00 ~ 13:00				12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30	
Basic				Pilates Cardio	Body Balance	Pilates Barre	
akari.K				Nazu.Y	Nazu.Y	Nazu.Y	
				13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30	
				Back & Arm	jump to burn	Shape up waist	
			close	akari.K	Nazu.Y	haruka.Y	
			0.000		15:00 ~ 16:00	16:30 ~ 17:30	
					Waist	Pilates Workout	
close					Yui.H	Nazu.Y	
	close	close		close	17:30 ~ 18:30		close
					Back & Arm		
					Yui.H		
8:00 ~ 19:00 Waist			18:00 ~ 19:00 Basic	18:00 ~ 19:00 Hip&Leg		close	
akari.K			akari.K	Yui.H			
9:30 ~ 20:30			19:30 ~ 20:30	19:30 ~ 20:30			
Release&Strength			Waist	Pilates Barre	close		
Yui.H			Yui.H	Nazu.Y			
1:00 ~ 22:00			21:00 ~ 22:00	21:00 ~ 22:00			
Hip & Leg			Back & Arm	Release&Strength			
Yui.H			akari.K	Yui.H			

pil	lates	K宮崎原	吉		ľ	11/2	25	~	11/3	30	1	スケ	ジュ・	ール				
11/25			11/26			11/27			11/28				11/29			11/30		
	火			水			木		±			±			Ħ			
10:30	~	11:30	10:30	~	11:30				10:30	~	11:30	10:30	~	11:30	10:30	~	11:30	
Basic Shape up waist				waist				Release&Strength			Back & Arm			jump to burn				
akari.K			Nazu.Y						Yui.H			akari.K			Nazu.Y			
12:00	~	13:00	12:30	~	13:30	1			12:00	~	13:00	12:00	~	13:00	12:30	~	13:30	
Back	&Arı	m	L	eg Lin	es				Waist Yui.H			Basic Yui.H			Hij	p&Leg	9	
á	akari.K		ı	naruka.	Y										haruka.Y			
13:30	~	14:30							13:30	~	14:30	13:30	~	14:30	14:30	~	15:30	
Body	y Bala	ince							Basic			Stretch & Conditioning			Pilates Barre			
ı	Nazu.Y								akari.K				akari.K	:		Nazu.Y		
							close						~	16:00	16:30	~	17:30	
												Hip & Leg			Pilates Cardio			
				close									Yui.H			haruka.Y		
,	close								close					18:30				
												, t	Basic					
													akari.K					
18:00	~	19:00	18:00	~	19:00	18:00	~	19:00	18:00	~	19:00							
Shap	Shape up waist		Basic		Waist			Back & Arm							close			
haruka.Y			akari.K		akari.K			akari.K			1							
19:30	~	20:30	19:30	~	20:30	19:30	~	20:30	19:30	~	20:30							
, ,			Pila	Pilates Cardio			Stretch & Conditioning			Basic			close					
	aruka.\			naruka.			akari.K			akari.K		1						
21:00	~	22:00	21:00	~	22:00	21:00	~	22:00	21:00	~	22:00							
jump to burn			Bac	Back & Arm			Pilates Barre			Pilates Workout								
Nazu.Y			akari.K			Nazu.Y Nazu.Y												