1200	pilatesK シーナシ-	ナ青森	ľ	12/01 ~	12/08	スケジュール		2025/11/14 更新
10:30	12/01	12/02	12/03	12/04	12/05		12/07	12/08
Waist spXmas	月			*	_			月
12:00 ~ 13:00 12:30 ~ 13:30 Basic								
Back & Arm Basic Satsuki.5 Kaho.Y Satsuki.5 RENA.H		RENA.H	RENA.H		Kazuki.l	RENA.H	Kazuki.l	
Satsuki S		12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30	
13:30		Back & Arm	Basic		Basic	Back & Arm	Waist spXmas	
Naist spXmas		Satsuki.S	Kaho.Y		Kaho.Y	Satsuki.S	RENA.H	
Close Clos		13:30 ~ 14:30			13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30	
17:30		Waist spXmas			Pilates Barre	Pilates Barre	Back & Arm	
17:30 ~ 18:30 17:30 ~ 18:3		RENA.H		olose	Kazuki.I	Kazuki.I	Satsuki.S	
Close Clos				GIOGO		15:00 ~ 16:00	16:30 ~ 17:30	
17:30						Hip & Leg	Waist spXmas	
17:30			close			Satsuki.S	RENA.H	
Basic Stretch & Conditioning Back & Arm Waist spXmas Basic olose Kaho.Y Kazuki.I Satsuki.S RENA.H Kazuki.I 19:00 ~ 20:00 19:00 ~ 20:00 19:00 ~ 20:00 Hip & Leg Basic Basic Hip & Leg Satsuki.S Kaho.Y Kaho.Y Satsuki.S 20:30 ~ 21:30 20:30 ~ 21:30 20:30 ~ 21:30 Close Basic Pilates Workout Hip & Leg Waist spXmas	close	close			close	close		close
Kaho.Y Kazuki.I Satsuki.S RENA.H Kazuki.I 19:00 ~ 20:00 19:00 ~ 20:00 19:00 ~ 20:00 19:00 ~ 20:00 Hip&Leg Basic Hip&Leg Satsuki.S Kaho.Y Kaho.Y Satsuki.S 20:30 ~ 21:30 20:30 ~ 21:30 20:30 ~ 21:30 Close Basic Pilates Workout Hip&Leg Waist spXmas		17:30 ~ 18:30	17:30 ~ 18:30	17:30 ~ 18:30	17:30 ~ 18:30	17:30 ~ 18:30		
19:00 ~ 20:00 19:00 ~ 20:00 19:00 ~ 20:00 19:00 ~ 20:00 Hip&Leg Satsuki.S Kaho.Y Kaho.Y Satsuki.S 20:30 ~ 21:30 20:30 ~ 21:30 20:30 ~ 21:30 Basic Pilates Workout Hip&Leg Waist spXmas		Basic	Stretch & Conditioning	Back & Arm	Waist spXmas	Basic	close	
Hip&Leg		Kaho.Y	Kazuki.l	Satsuki.S	RENA.H	Kazuki.I		
Satsuki.S Kaho.Y Satsuki.S 20:30 ~ 21:30 20:30 ~ 21:30 20:30 ~ 21:30 20:30 ~ 21:30 Close Basic Pilates Workout Hip&Leg Waist spXmas		19:00 ~ 20:00	19:00 ~ 20:00	19:00 ~ 20:00	19:00 ~ 20:00			
20:30 ~ 21:30								
Basic Pilates Workout Hip & Leg Waist spXmas			-			close		
		Kaho.Y	Kazuki.l	Satsuki.S	RENA.H			

pilatesK シーナシ	ナ青森	[12/09 ~	12/16	スケジュール		
12/09	12/10	12/11	12/12	12/13	12/14	12/15	12/16
火	*	*	±	±	Ħ	月	火
10:30 ~ 11:3 Hip&Leg	10:30 ~ 11:30 Basic		10:30 ~ 11:30 Pilates Workout	10:30 ~ 11:30 Back & Arm	10:30 ~ 11:30 Waist spXmas		10:30 ~ 11:30 Waist spXmas
Satsuki.S	Kaho.Y		Kazuki.l	Satsuki.S	RENA.H		RENA.H
12:00 ~ 13:0	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00
Pilates Barre	Waist spXmas		Waist spXmas	Waist spXmas	Basic		Hip & Leg
Kazuki.l	RENA.H		RENA.H	RENA.H	Kazuki.l		Satsuki.S
13:30 ~ 14:3)	1	13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30		13:30 ~ 14:30
Back & Arm			Stretch & Conditioning	Basic	Hip & Leg		Stretch & Conditioning
Satsuki.S		close	Kazuki.I	Kaho.Y	Satsuki.S		Kazuki.I
		Ciose		15:00 ~ 16:00	16:30 ~ 17:30		
				Pilates Workout	Pilates Barre		
	close			Kazuki.I	Kazuki.I		
close			close	close		close	close
17:30 ~ 18:3	17:30 ~ 18:30	17:30 ~ 18:30	17:30 ~ 18:30	17:30 ~ 18:30			17:30 ~ 18:30
Waist spXmas	Basic	Basic	Back & Arm	Waist spXmas	close		Basic
Kaho.Y	Kazuki.l	Kaho.Y	Satsuki.S	Kaho.Y			Kaho.Y
19:00 ~ 20:0	19:00 ~ 20:00	19:00 ~ 20:00	19:00 ~ 20:00				19:00 ~ 20:00
Stretch & Conditioning	Back & Arm	Waist spXmas	Basic				Pilates Workout
Kazuki.I	Satsuki.S	RENA.H	Kaho.Y	close			Kazuki.I
20:30 ~ 21:3	20:30 ~ 21:30	20:30 ~ 21:30	20:30 ~ 21:30	0.086			20:30 ~ 21:30
Basic	Hip & Leg	Pilates Barre	Hip & Leg				Waist spXmas
Kaho.Y	Kazuki.l	Kaho.Y	Satsuki.S				Kaho.Y

pilatesK シーナシー:	青森		12/17 ~	12/24	スケジュール		2025/11/14 更新	
12/17	12/18	12/19	12/20	12/21	12/22	12/23	12/24	
*	*	±	±	H	月	火	*	
10:30 ~ 11:30 Pilates Barre		10:30 ~ 11:30 Hip&Leg	10:30 ~ 11:30 Pilates Workout	10:30 ~ 11:30 Back&Arm		10:30 ~ 11:30 Basic	10:30 ~ 11:30 Back & Arm	
Kaho.Y		Kazuki.l	Kazuki.l	RENA.H		Satsuki.S	RENA.H	
12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:30 ~ 13:30	
Basic		Back & Arm	Basic	Pilates Barre		Back & Arm	Pilates Barre	
Kaho.Y		RENA.H	Satsuki.S	Kaho.Y		RENA.H	Kaho.Y	
		13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30		13:30 ~ 14:30		
		Basic	Back & Arm	Waist spXmas		Hip & Leg		
	close	Kazuki.l	RENA.H	RENA.H		Satsuki.S		
	CiOso		15:00 ~ 16:00 Stretch & Conditioning	16:30 ~ 17:30 Basic				
			_					
close			Kazuki.l	Kaho.Y			close	
		close	close		close	close		
17:30 ~ 18:30	17:30 ~ 18:30	17:30 ~ 18:30	17:30 ~ 18:30			17:30 ~ 18:30	17:30 ~ 18:30	
Hip & Leg	Back & Arm	Hip & Leg	Basic	close		Waist spXmas	Pilates Workout	
Satsuki.S	Satsuki.S	Satsuki.S	Satsuki.S			Kaho.Y	Kazuki.I	
19:00 ~ 20:00	19:00 ~ 20:00	19:00 ~ 20:00				19:00 ~ 20:00	19:00 ~ 20:00	
Waist spXmas	Pilates Barre	Waist spXmas				Pilates Barre	Hip & Leg	
RENA.H	Kazuki.l	RENA.H	close			Kazuki.l	Satsuki.S	
20:30 ~ 21:30	20:30 ~ 21:30	20:30 ~ 21:30				20:30 ~ 21:30	20:30 ~ 21:30	
Back & Arm	Hip&Leg	Basic				Basic	Basic	
Satsuki.S	Satsuki.S	Satsuki.S				Kaho.Y	Satsuki.S	

pilates	sK	シーナシーナ	青森					[12/2	25	~	12/31	1	スケジュール	
12/25 12/26				12/27			12/28		12/29		12/30	12/31			
木		金			±			Ħ		月		火	水		
			10:30 ~ 11:30 Waist spXmas					10:30 ~ 11:30 Stretch & Conditioning							
		RENA.H 12:00 ~ 13:00		Kaho.Y 12:00 ~ 13:00		Kazuki.l 12:30 ~ 13:30									
				Basic	20.00	Hip & Leg			Basic						
				Satsuki.	s		Kazuki.	ı		Kaho.Y					
			13:30	~	14:30	13:30	~	14:30	14:30	~	15:30				
				ck&Arn			Basic			es Wo					
	close			RENA.H	1		Kaho.Y		Kazuki.l						
						15:00	~	16:00	16:30	~	17:30				
						Back & Arm		Pilates Barre							
					Kazuki.l		Kaho.Y								
			close				close					olose		close	close
17:30	~	18:30	17:30	~	18:30	17:30	~	18:30							
Ва	asic			Basic		Waist	spXn	nas		close					
	atsuki.S			Kaho.Y Kaho.Y											
19:00	~	20:00	19:00	~	20:00										
Waist	spXm	as	Hi	p&Leg	ı										
	RENA.H			Kazuki.l		close									
20:30	~	21:30	20:30	~	21:30		21000								
Back	&Arn	n	Во	dy Bala	ince										
-	RENA.H			Kaho.Y		1									I