	pilate	s K 和光ī	市店		[11/01	~	11/0	8	1	スケ	ジュー	ール							2025/1	/18	更新
	11/01			11/02		11/03			11/04			11/05			11/06			11/07			11/08	
	土			Ħ		月			火			水			木			金			±	
10:30	~	11:30	10:30	~	11:30			10:30	~	11:30	10:30	~	11:30				10:30	~	11:30	10:30	~	11:30
E	Basic		Hi	p Pun	ch			В	Basic		١	V aist					Pil	lates B	arre	jur	np to b	ourn
	suzu.i			YUNA.S	;			,	YUIMI.M			YUNA.S						Aino.F	i		YUNA.	3
12:00	~	13:00	12:30	~	13:30			12:00	~	13:00	12:30	~	13:30				12:00	~	13:00	12:00	~	13:00
Release&Strength		Pilates Barre				Stretch &	tretch & Conditioning		Basic						Back & Arm			Hip&⊾Leg		9		
	YUNA.S			Aino.H				,	YUNA.S			YUIMI.M						suzu.i			YUIMI.N	4
13:30	~	14:30	14:30	~	15:30			13:30	~	14:30				1			13:30	~	14:30	13:30	~	14:30
Вас	k&Arı	n	E	Basic				Hip	&Leg									Basic		Stretch &	Condi	itioning
	suzu.i			YUNA.S				,	YUIMI.M									suzu.i			YUNA.	3
15:00	~	16:00	16:30	~	17:30						1			°	close					15:00	~	16:00
jum	p to b	urn	Le	eg Lin	es															н	ip Pun	ch
	YUNA.S	i		Aino.H								close									YUNA.	3
17:30	~	18:30										CIUSO								17:30	~	18:30
v	Vaist					close			close									close			Basic	
	suzu.i																		YUIMI.M			
								18:00	~	19:00	18:00	~	19:00	18:00	~	19:00	18:00	~	19:00			
				close				jum	ip to bu	ırn	Pila	ates Ba	irre	w	aist		н	lip Pun	ıch			
	close							,	YUNA.S		Aino.H			suzu.i				YUNA.	S	close		
	01000							19:30	~	20:30	19:30	~	20:30	19:30	~	20:30	19:30	~	20:30		0,000	
								Le	eg Line	s	Вас	k & Arn	n	Release	e&Str	ength		Basic				
									Aino.H			suzu.i			UNA.S			YUIMI.I		1		
								21:00	~	22:00	21:00	~	22:00	21:00	~	22:00	21:00	~	22:00			
								Pila	ites Ba	rre	jun	np to b	urn	Hip Punch			Waist					
									Aino.H			Aino.H		Y	UNA.S			YUNA.	S			

pilates K 和光市店	§ [11/09 ~	11/16	スケジュール			2025/11/18 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		
Basic		Leg Lines	Pilates Barre		jump to burn	Basic	Back & Arm		
YUIMI.M		Aino.H	Aino.H		Aino.H	YUIMI.M	suzu.i		
12:30 ~ 13:30		12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30		
Waist		Basic	Hip Punch		Waist	Waist	Hip Punch		
suzu.i		YUIMI.M	YUNA.S		suzu.i	Al.I	Al.I		
14:30 ~ 15:30		13:30 ~ 14:30			13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30		
Hip & Leg		jump to burn			Pilates Barre	Back & Arm	Waist		
YUIMI.M		Aino.H		close	Aino.H	Al.I	suzu.i		
16:30 ~ 17:30				UIUGU		15:00 ~ 16:00	16:30 ~ 17:30		
Back & Arm						Hip & Leg	Basic		
suzu.i			close			YUIMI.M	Al.i		
			01000			17:30 ~ 18:30			
	close	close			close	Hip Punch			
						Al.i			
		18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00				
close		Basic	Hip & Leg	Hip Punch	Basic		close		
		suzu.i	YUIMI.M	Al.I	YUIMI.M	close			
		19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	GIGGG			
		Release&Strength	Basic	Waist	Back & Arm				
		YUNA.S	YUIMI.M	suzu.i	suzu.i	1			
		21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00				
		Back & Arm	Waist	Basic	Hip & Leg				
		suzu.i	suzu.i	Al.I	YUIMI.M				

pilates K 和光市	店		[11/1	7	~	11/2	4	1	スケシ	シュー	ール							2025/11/18	更新																	
11/17	11/17 11/18				11/19		11/20			11/21			11/22			11/23			11/24																		
Я	火		*		*		±		±			Ħ			月																						
	10:30	~	11:30	10:30	~ 1:	1:30				10:30	~	11:30	10:30	~	11:30	10:30	~	11:30																			
	E	Basic		w	/aist					Basic		H	Hip Punch			Vaist																					
	,	YUIMI.M			suzu.i						Al.I			YUNA.S	i		suzu.i																				
	12:00	~	13:00	12:30	~ 13	3:30				12:00	~	13:00	12:00	~	13:00	12:30	~	13:30																			
	Pila	ates Ba	rre	Hip	&Leg					Leç	Lines	s	Bac	k & Arı	n	Hip	p&Leg)																			
		Aino.H			Al.I					А	ino.H			suzu.i			Aino.H	ı																			
	13:30	~	14:30							13:30	~	14:30	13:30	~	14:30	14:30	~	15:30																			
	Hip	&Leg								Back	&Arm	1	Relea	se&St	ength	E	Basic																				
	,	YUIMI.M						.1			Al.I			YUNA.S	i		suzu.i																				
				Ī				close					15:00	~	16:00	16:30	~	17:30																			
																															Basic			Leg Lines			
								close								YUNA.S			Aino.H																		
	close			· '	01086								17:30 ~ 18:30																								
close										close			Waist						close																		
														suzu.i																							
	18:00	~	19:00	18:00	~ 19	9:00	18:00	~	19:00	18:00	~	19:00																									
	Releas	se&Str	ength	Le	Leg Lines		Pilates Barre			Waist						close																					
		YUNA.S			Al.I			Aino.H		s	uzu.i			close																							
	19:30	~	20:30	19:30	~ 20	0:30	19:30	~	20:30	19:30	~	20:30		CIUSO																							
	Вас	k&Arn	n	jump to burn		Stretch & Conditioning		Pilates Barre																													
		suzu.i			YUNA.S			/UNA.S			ino.H																										
	21:00	~	22:00	21:00	~ 2:	2:00	21:00	~	22:00	21:00	~	22:00																									
	v	Vaist		В	asic		jum	p to bu	rn	Ва	sic																										
		YUNA.S		١	YUNA.S			Aino.H		s	uzu.i																										

pilates K 和光市店							25	~				スケ	ジュ・	ール								
11/25			11/26			11/27			11/28				11/29		11/30							
火				水		*			±				±			Ħ						
10:30	~	11:30	10:30	~	11:30				10:30	~	11:30	10:30	~	11:30	10:30	~	11:30					
jui	mp to b	urn	Hi	ip Pun	ch				Waist			Basic			Hip Punch							
	Aino.H			YUNA.S	3				suzu.i				suzu.i			Al.I						
12:00	~	13:00	12:30	0 ~ 13:30		12:30 ~ 13:30			12:30 ~ 13:30		1			12:00	~	13:00	12:00	~	13:00	12:30	~	13:30
	Basic		Pila	ates Ba	arre					Back & Arm			Hip & Leg			Basic						
	suzu.i			Aino.H						Al.I			Al.I			YUNA.S	3					
13:30	~	14:30							13:30	~	14:30	13:30	~	14:30	14:30	~	15:30					
L	_eg Line	es							Basic			Back & Arm			Pilates Barre							
	Aino.H						-1		suzu.i				Al.I			Aino.H	ı					
							close					15:00	~	16:00	16:30	~	17:30					
												Waist			Stretch & Conditioning							
				close								suzu.i				YUNA.S	3					
			5,555									17:30	~	18:30								
	close								close			Basic										
													Al.I									
18:00	~	19:00	18:00	~	19:00	18:00	~	19:00	18:00	~	19:00											
Ва	ck & Arı	m	Basic			Release&Strength			Hip&Leg						close							
	suzu.i			suzu.i			YUNA.S			Aino.H]	close									
19:30	~	20:30	19:30	~	20:30	19:30	~	20:30	19:30	~	20:30		CIUSO									
Basic			Waist			Leg Lines			Basic													
	Al.I		suzu.i			Aino.H				suzu.i												
21:00	~	22:00	21:00	~	22:00	21:00	~	22:00	21:00	~	22:00											
Hip & Leg			Back & Arm			Basic			jun	p to b	urn											
Al.i			Al.I			'	YUNA.S			YUNA.S												