

| pilatesK 神保町 |       | 【 01/01 ~ 01/08 】 スケジュール |                  |       |                          |               |       | 2025/12/12 更新 |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--------------|-------|--------------------------|------------------|-------|--------------------------|---------------|-------|---------------|-------|--|--|--|--|--|--|--|--|--|--|--|--|--|
| 01/01        | 01/02 | 01/03                    | 01/04            | 01/05 | 01/06                    | 01/07         | 01/08 |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 木            | 金     | 土                        | 日                | 月     | 火                        | 水             | 木     |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
| close        | close | 10:30 ~ 11:30            | 10:30 ~ 11:30    | close | 10:30 ~ 11:30            | 10:30 ~ 11:30 | close | close         | close |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       | Basic 🌱                  | Release&Strength |       | Basic 🌱                  | Hip & Leg 🌱   |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       | Shiori.H                 | Kalia            |       | Shiori.H                 | Kalia         |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       | 12:00 ~ 13:00            | 12:30 ~ 13:30    |       | 12:00 ~ 13:00            | 12:30 ~ 13:30 |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       | Back & Arm 🌱             | Waist 🌱          |       | Stretch & Conditioning 🌱 | Basic 🌱       |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       | Mana.H                   | Mana.H           |       | Kalia                    | Shiori.H      |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       | 13:30 ~ 14:30            | 14:30 ~ 15:30    |       | 13:30 ~ 14:30            | jump to burn  |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       | Basic 🌱                  | Hip & Leg 🌱      |       |                          |               |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       | Shiori.H                 | Kalia            |       |                          |               |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       | 15:00 ~ 16:00            | 16:30 ~ 17:30    |       |                          |               |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       | Waist 🌱                  | Basic 🌱          |       | close                    | close         |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       | Mana.H                   | Mana.H           |       |                          |               |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       | close                    | close            |       |                          |               |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       | 17:30 ~ 18:30            |                  |       |                          |               |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       | jump to burn             |                  |       |                          |               |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       | Shiori.H                 |                  |       |                          |               |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       | close                    |                  |       |                          |               |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       |                          |                  |       |                          |               |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       |                          |                  |       |                          |               |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       |                          |                  |       |                          |               |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       |                          |                  |       |                          |               |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       |                          |                  |       |                          |               |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       |                          |                  |       |                          |               |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       |                          |                  |       |                          |               |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       |                          |                  |       |                          |               |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       |                          |                  |       |                          |               |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       |                          |                  |       |                          |               |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       |                          |                  |       |                          |               |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       |                          |                  |       |                          |               |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |
|              |       |                          |                  |       |                          |               |       |               |       |  |  |  |  |  |  |  |  |  |  |  |  |  |

| pilatesK 神保町     |  |               | 【 01/09 ~ 01/16 】      |          | スケジュール           |               |               |               |                        |
|------------------|--|---------------|------------------------|----------|------------------|---------------|---------------|---------------|------------------------|
| 01/09            |  | 01/10         | 01/11                  | 01/12    | 01/13            | 01/14         | 01/15         | 01/16         |                        |
| 金                |  | 土             | 日                      | 月        | 火                | 水             | 木             | 金             |                        |
| 10:30 ~ 11:30    |  | 10:30 ~ 11:30 | 10:30 ~ 11:30          | close    | 10:30 ~ 11:30    | 10:30 ~ 11:30 | close         | 10:30 ~ 11:30 |                        |
| Basic 🍌          |  | jump to burn  | Hip&Leg 🍌              |          | Waist 🍌          | Basic 🍌       |               | Waist 🍌       |                        |
| Meimi.S          |  | Shiori.H      | Kalia                  |          | Meimi.S          | Meimi.S       |               | Meimi.S       |                        |
| 12:00 ~ 13:00    |  | 12:00 ~ 13:00 | 12:30 ~ 13:30          |          | 12:00 ~ 13:00    | 12:30 ~ 13:30 |               | 12:00 ~ 13:00 |                        |
| Release&Strength |  | Waist 🍌       | Basic 🍌                |          | jump to burn     | Back&Arm 🍌    |               | Back&Arm 🍌    |                        |
| Kalia            |  | Mana.H        | Meimi.S                |          | Shiori.H         | Shiori.H      |               | Mana.H        |                        |
| 13:30 ~ 14:30    |  | 13:30 ~ 14:30 | 14:30 ~ 15:30          |          | 13:30 ~ 14:30    | close         |               | 13:30 ~ 14:30 |                        |
| Waist 🍌          |  | Basic 🍌       | Stretch&Conditioning 🍌 |          | Basic 🍌          |               |               | Basic 🍌       |                        |
| Meimi.S          |  | Meimi.S       | Kalia                  |          | Meimi.S          |               |               | Meimi.S       |                        |
| close            |  | 15:00 ~ 16:00 | 16:30 ~ 17:30          |          | close            |               |               | close         |                        |
|                  |  | Back&Arm 🍌    | Waist 🍌                |          |                  |               |               |               |                        |
|                  |  | Mana.H        | Meimi.S                |          |                  |               |               |               |                        |
|                  |  | close         |                        |          |                  |               |               |               |                        |
| close            |  | 17:30 ~ 18:30 | close                  |          | close            |               |               |               |                        |
|                  |  | Basic 🍌       |                        |          |                  |               |               |               |                        |
|                  |  | Shiori.H      |                        |          |                  |               |               |               |                        |
|                  |  | 18:00 ~ 19:00 |                        |          |                  |               |               |               |                        |
| Basic 🍌          |  | close         |                        |          | Release&Strength | Basic 🍌       |               | Back&Arm 🍌    | Hip&Leg 🍌              |
| Mana.H           |  |               |                        |          | Kalia            | Shiori.H      |               | Shiori.H      | Kalia                  |
| 19:30 ~ 20:30    |  |               |                        |          | 19:30 ~ 20:30    | 19:30 ~ 20:30 |               | 19:30 ~ 20:30 | 19:30 ~ 20:30          |
| Hip&Leg 🍌        |  |               |                        | Basic 🍌  | jump to burn     | Basic 🍌       | Basic 🍌       |               |                        |
| Kalia            |  |               |                        | Shiori.H | Shiori.H         | Meimi.S       | Mana.H        |               |                        |
| 21:00 ~ 22:00    |  |               |                        | close    |                  | 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00          |
| Back&Arm 🍌       |  |               |                        |          |                  | Hip&Leg 🍌     | Waist 🍌       | jump to burn  | Stretch&Conditioning 🍌 |
| Mana.H           |  |               |                        |          |                  | Kalia         | Meimi.S       | Shiori.H      | Kalia                  |
|                  |  |               |                        |          |                  |               |               |               |                        |

🏊：体験可能レッスン  
 ・クラスの種別およびインストラクターは予告なしに変更となる場合がございます。詳細はWEBサイトをご確認ください。  
 ・ご予約されたレッスンをキャンセルされる場合は、1週間前迄にお願いしております。  
 ・レッスン開始時刻1時間前を切ったキャンセルは時間外キャンセルとなります。  
 ※時間外キャンセルが月2回以上で、翌月の予約可能回数が1回に制限されます。

| pilatesK 神保町     |  | 【 01/17 ~ 01/24 】 スケジュール |  |               |  |                  |  | 2025/12/12 更新             |  |               |  |               |  |               |  |               |  |
|------------------|--|--------------------------|--|---------------|--|------------------|--|---------------------------|--|---------------|--|---------------|--|---------------|--|---------------|--|
| 01/17            |  | 01/18                    |  | 01/19         |  | 01/20            |  | 01/21                     |  | 01/22         |  | 01/23         |  | 01/24         |  |               |  |
| 土                |  | 日                        |  | 月             |  | 火                |  | 水                         |  | 木             |  | 金             |  | 土             |  |               |  |
| 10:30 ~ 11:30    |  | 10:30 ~ 11:30            |  | close         |  | 10:30 ~ 11:30    |  | 10:30 ~ 11:30             |  | close         |  | 10:30 ~ 11:30 |  | 10:30 ~ 11:30 |  |               |  |
| Back & Arm 🏋️    |  | Basic 🏋️                 |  |               |  | Basic 🏋️         |  | Stretch & Conditioning 🏋️ |  |               |  | Back & Arm 🏋️ |  | Waist 🏋️      |  |               |  |
| Mana.H           |  | Mana.H                   |  |               |  | Meimi.S          |  | Kalia                     |  |               |  | Mana.H        |  | Meimi.S       |  |               |  |
| 12:00 ~ 13:00    |  | 12:30 ~ 13:30            |  |               |  | 12:00 ~ 13:00    |  | 12:00 ~ 13:00             |  |               |  | 12:00 ~ 13:00 |  | 12:00 ~ 13:00 |  | 12:00 ~ 13:00 |  |
| Release&Strength |  | jump to burn             |  |               |  | Waist 🏋️         |  | Basic 🏋️                  |  |               |  | Waist 🏋️      |  | Basic 🏋️      |  |               |  |
| kalia            |  | Shiori.H                 |  |               |  | Mana.H           |  | Meimi.S                   |  |               |  | Meimi.S       |  | Shiori.H      |  |               |  |
| 13:30 ~ 14:30    |  | 14:30 ~ 15:30            |  |               |  | 13:30 ~ 14:30    |  | 13:30 ~ 14:30             |  |               |  | 13:30 ~ 14:30 |  | 13:30 ~ 14:30 |  | 13:30 ~ 14:30 |  |
| Waist 🏋️         |  | Basic 🏋️                 |  |               |  | Basic 🏋️         |  | Release&Strength          |  |               |  | Basic 🏋️      |  | jump to burn  |  |               |  |
| Mana.H           |  | Shiori.H                 |  |               |  | Meimi.S          |  | Kalia                     |  |               |  | Mana.H        |  | Shiori.H      |  |               |  |
| 15:00 ~ 16:00    |  | 16:30 ~ 17:30            |  |               |  | 15:00 ~ 16:00    |  | 15:00 ~ 16:00             |  |               |  | 15:00 ~ 16:00 |  | 15:00 ~ 16:00 |  | 15:00 ~ 16:00 |  |
| Basic 🏋️         |  | Back & Arm 🏋️            |  |               |  | Back & Arm 🏋️    |  | Basic 🏋️                  |  |               |  | Basic 🏋️      |  | Basic 🏋️      |  |               |  |
| Mana.H           |  | Mana.H                   |  |               |  | Mana.H           |  | Meimi.S                   |  |               |  | Meimi.S       |  | Meimi.S       |  |               |  |
| close            |  | close                    |  | 16:30 ~ 17:30 |  | 16:30 ~ 17:30    |  | 16:30 ~ 17:30             |  | close         |  | close         |  |               |  |               |  |
| 17:30 ~ 18:30    |  |                          |  | Waist 🏋️      |  | Hip & Leg 🏋️     |  | close                     |  | 17:30 ~ 18:30 |  |               |  |               |  |               |  |
| Hip & Leg 🏋️     |  |                          |  | Meimi.S       |  | kalia            |  | close                     |  | jump to burn  |  |               |  |               |  |               |  |
| Kalia            |  |                          |  | 18:00 ~ 19:00 |  | 18:00 ~ 19:00    |  | close                     |  | Shiori.H      |  |               |  |               |  |               |  |
| close            |  |                          |  | Basic 🏋️      |  | Waist 🏋️         |  | close                     |  | close         |  |               |  |               |  |               |  |
|                  |  |                          |  | Mana.H        |  | Meimi.S          |  |                           |  |               |  |               |  |               |  |               |  |
|                  |  |                          |  | 18:00 ~ 19:00 |  | 18:00 ~ 19:00    |  |                           |  |               |  |               |  |               |  |               |  |
|                  |  |                          |  | Back & Arm 🏋️ |  | Release&Strength |  |                           |  |               |  |               |  |               |  |               |  |
|                  |  |                          |  | Mana.H        |  | Kalia            |  |                           |  |               |  |               |  |               |  |               |  |
|                  |  |                          |  | 19:30 ~ 20:30 |  | 19:30 ~ 20:30    |  |                           |  |               |  |               |  |               |  |               |  |
|                  |  |                          |  | Hip & Leg 🏋️  |  | Basic 🏋️         |  |                           |  |               |  |               |  |               |  |               |  |
|                  |  |                          |  | Kalia         |  | Shiori.H         |  |                           |  |               |  |               |  |               |  |               |  |
| 21:00 ~ 22:00    |  | 21:00 ~ 22:00            |  | 21:00 ~ 22:00 |  | 21:00 ~ 22:00    |  |                           |  |               |  |               |  |               |  |               |  |
| Waist 🏋️         |  | Hip & Leg 🏋️             |  | Hip & Leg 🏋️  |  |                  |  |                           |  |               |  |               |  |               |  |               |  |
| Mana.H           |  | Kalia                    |  | Kalia         |  |                  |  |                           |  |               |  |               |  |               |  |               |  |

| pilatesK 神保町             |               | 【 01/25 ~ 01/31 】 スケジュール |                  |               |               |                          |               |       |       |       |               |
|--------------------------|---------------|--------------------------|------------------|---------------|---------------|--------------------------|---------------|-------|-------|-------|---------------|
| 01/25                    | 01/26         | 01/27                    | 01/28            | 01/29         | 01/30         | 01/31                    |               |       |       |       |               |
| 日                        | 月             | 火                        | 水                | 木             | 金             | 土                        |               |       |       |       |               |
| 10:30 ~ 11:30            | close         | 10:30 ~ 11:30            | 10:30 ~ 11:30    | close         | 10:30 ~ 11:30 | 10:30 ~ 11:30            |               |       |       |       |               |
| Basic 🌈                  |               | Waist 🌈                  | Release&Strength |               | Basic 🌈       | Hip & Leg 🌈              |               |       |       |       |               |
| Meimi.S                  |               | Meimi.S                  | Kalia            |               | Mana.H        | Kalia                    |               |       |       |       |               |
| 12:30 ~ 13:30            |               | 12:00 ~ 13:00            | 12:30 ~ 13:30    |               | 12:00 ~ 13:00 | 12:00 ~ 13:00            |               |       |       |       |               |
| Back & Arm 🌈             |               | jump to burn             | Basic 🌈          |               | Back & Arm 🌈  | Basic 🌈                  |               |       |       |       |               |
| Mana.H                   |               | Shiori.H                 | Meimi.S          |               | Shiori.H      | Mana.H                   |               |       |       |       |               |
| 14:30 ~ 15:30            |               | 13:30 ~ 14:30            | close            |               | 13:30 ~ 14:30 | 13:30 ~ 14:30            |               |       |       |       |               |
| Basic 🌈                  |               | Basic 🌈                  |                  |               | Waist 🌈       | Stretch & Conditioning 🌈 |               |       |       |       |               |
| Mana.H                   |               | Meimi.S                  |                  |               | Mana.H        | Kalia                    |               |       |       |       |               |
| 16:30 ~ 17:30            |               | close                    |                  |               | close         | close                    | 15:00 ~ 16:00 |       |       |       |               |
| Waist 🌈                  |               |                          |                  |               |               |                          | Back & Arm 🌈  |       |       |       |               |
| Meimi.S                  |               |                          |                  |               |               |                          | Mana.H        |       |       |       |               |
| close                    |               |                          |                  |               |               |                          | close         | close | close | close |               |
|                          |               |                          |                  |               |               |                          |               |       |       |       | 17:30 ~ 18:30 |
|                          |               |                          |                  |               |               |                          |               |       |       |       | jump to burn  |
|                          |               |                          |                  |               |               |                          |               |       |       |       | Shiori.H      |
|                          |               |                          |                  |               |               |                          |               |       |       |       | 18:00 ~ 19:00 |
|                          | Hip & Leg 🌈   |                          | Back & Arm 🌈     | jump to burn  |               |                          |               |       |       |       | Waist 🌈       |
|                          | Kalia         |                          | Mana.H           | Shiori.H      |               |                          |               |       |       |       | Meimi.S       |
|                          | 19:30 ~ 20:30 | 19:30 ~ 20:30            | 19:30 ~ 20:30    | 19:30 ~ 20:30 |               |                          |               |       |       |       |               |
| Back & Arm 🌈             | Basic 🌈       | Basic 🌈                  | jump to burn     |               |               |                          |               |       |       |       |               |
| Mana.H                   | Meimi.S       | Meimi.S                  | Shiori.H         |               |               |                          |               |       |       |       |               |
| 21:00 ~ 22:00            | 21:00 ~ 22:00 | 21:00 ~ 22:00            | 21:00 ~ 22:00    |               |               |                          |               |       |       |       |               |
| Stretch & Conditioning 🌈 | Waist 🌈       | Back & Arm 🌈             | Basic 🌈          |               |               |                          |               |       |       |       |               |
| Kalia                    | Mana.H        | Shiori.H                 | Meimi.S          |               |               |                          |               |       |       |       |               |

 : 体験可能レッスン  
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 ・ ご予約されたレッスンをキャンセルされる場合は、1時間前迄にお願いしております。  
 ・ レッスン開始時刻1時間前を切つてのキャンセルは時間外キャンセルとなります。  
 ※時間外キャンセルが月2回以上で、翌月の予約可能回数が1回に制限されます。