

| pilatesK 羽才鳳     |               | 【 01/01 ~ 01/08 】 スケジュール |               |               |               |               |       | 2025/12/14 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 |                          |               |               |
|                  |               | Hip & Leg 🌈              | Back & Arm 🌈  |               | Back & Arm 🌈  | Pilates Barre |       |               |       |                          |               |               |
|                  |               | mizuki.K                 | mizuki.K      |               | RINA.K        | Ikumi.S       |       |               |       |                          |               |               |
|                  |               | 12:00 ~ 13:00            | 12:30 ~ 13:30 |               | 12:00 ~ 13:00 | 12:30 ~ 13:30 |       |               |       |                          |               |               |
|                  |               | Pilates Barre            | Basic 🌈       |               | Hip & Leg 🌈   | Hip & Leg 🌈   |       |               |       |                          |               |               |
|                  |               | Ikumi.S                  | Ikumi.S       |               | Harune.A      | Harune.A      |       |               |       |                          |               |               |
|                  |               | 13:30 ~ 14:30            | 14:30 ~ 15:30 |               | 13:30 ~ 14:30 | close         |       |               |       |                          |               |               |
|                  |               | Shape up waist           | Hip & Leg 🌈   |               | Basic 🌈       |               |       |               |       |                          |               |               |
|                  |               | mizuki.K                 | mizuki.K      |               | Harune.A      |               |       |               |       |                          |               |               |
|                  |               | 15:00 ~ 16:00            | 16:30 ~ 17:30 |               | close         |               |       |               |       |                          |               |               |
|                  |               | Basic 🌈                  | Pilates Barre |               |               |               |       |               |       |                          |               |               |
|                  |               | Ikumi.S                  | Ikumi.S       |               |               |               |       |               |       |                          |               |               |
|                  |               | close                    | close         |               |               |               |       |               |       |                          |               |               |
|                  |               |                          |               |               |               |               |       |               |       | 17:30 ~ 18:30            |               |               |
|                  |               |                          |               |               |               |               |       |               |       | Stretch & Conditioning 🌈 |               |               |
|                  |               |                          |               |               |               |               |       |               |       | Ikumi.S                  |               |               |
|                  |               | close                    | close         |               |               | close         |       |               |       | 18:00 ~ 19:00            | 18:00 ~ 19:00 | 18:00 ~ 19:00 |
|                  |               |                          |               |               |               |               |       |               |       | Shape up waist           | Basic 🌈       | Back & Arm 🌈  |
|                  |               |                          |               |               |               |               |       |               |       | mizuki.K                 | YUA.s         | RINA.K        |
|                  |               |                          |               |               | 19:30 ~ 20:30 |               |       |               |       | 19:30 ~ 20:30            | 19:30 ~ 20:30 |               |
|                  |               |                          |               |               | Basic 🌈       |               |       |               |       | Back & Arm 🌈             | Basic 🌈       |               |
| Harune.A         | RINA.K        |                          |               | YUA.s         |               |               |       |               |       |                          |               |               |
| 21:00 ~ 22:00    | 21:00 ~ 22:00 |                          |               | 21:00 ~ 22:00 |               |               |       |               |       |                          |               |               |
| Release&Strength | Waist 🌈       |                          |               | Back & Arm 🌈  |               |               |       |               |       |                          |               |               |
| mizuki.K         | mizuki.K      |                          |               | YUA.s         |               |               |       |               |       |                          |               |               |

| pilatesK 羽風    |                          |                          | 【 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 🌈        | Back & Arm 🌈             | Hip & Leg 🌈              |                   | Basic 🌈                  | Waist 🌈          |               | Shape up waist |  |  |  |  |  |  |  |  |  |
| YUA.s          | YUA.s                    | Harune.A                 |                   | mizuki.K                 | RINA.K           |               | mizuki.K       |  |  |  |  |  |  |  |  |  |
| 12:00 ~ 13:00  | 12:00 ~ 13:00            | 12:30 ~ 13:30            |                   | 12:00 ~ 13:00            | 12:30 ~ 13:30    |               | 12:00 ~ 13:00  |  |  |  |  |  |  |  |  |  |
| Shape up waist | Stretch & Conditioning 🌈 | Waist 🌈                  |                   | Back & Arm 🌈             | Release&Strength |               | Waist 🌈        |  |  |  |  |  |  |  |  |  |
| mizuki.K       | Harune.A                 | RINA.K                   |                   | YUA.s                    | mizuki.K         |               | RINA.K         |  |  |  |  |  |  |  |  |  |
| 13:30 ~ 14:30  | 13:30 ~ 14:30            | 14:30 ~ 15:30            |                   | 13:30 ~ 14:30            | close            |               | 13:30 ~ 14:30  |  |  |  |  |  |  |  |  |  |
| Back & Arm 🌈   | Basic 🌈                  | Back & Arm 🌈             |                   | Shape up waist           |                  |               | Hip & Leg 🌈    |  |  |  |  |  |  |  |  |  |
| YUA.s          | Harune.A                 | RINA.K                   |                   | mizuki.K                 |                  |               | mizuki.K       |  |  |  |  |  |  |  |  |  |
| close          | 15:00 ~ 16:00            | 16:30 ~ 17:30            |                   | close                    |                  |               | close          |  |  |  |  |  |  |  |  |  |
|                | Waist 🌈                  | Basic 🌈                  |                   |                          |                  |               |                |  |  |  |  |  |  |  |  |  |
|                | mizuki.K                 | YUA.s                    |                   |                          |                  |               |                |  |  |  |  |  |  |  |  |  |
|                | close                    | close                    |                   |                          |                  |               |                |  |  |  |  |  |  |  |  |  |
|                |                          |                          |                   |                          |                  |               |                |  |  |  |  |  |  |  |  |  |
|                |                          |                          |                   |                          |                  |               |                |  |  |  |  |  |  |  |  |  |
| close          | 17:30 ~ 18:30            | close                    |                   |                          |                  |               |                |  |  |  |  |  |  |  |  |  |
|                | Hip & Leg 🌈              |                          |                   |                          |                  |               |                |  |  |  |  |  |  |  |  |  |
|                | mizuki.K                 |                          |                   |                          |                  |               |                |  |  |  |  |  |  |  |  |  |
|                | close                    |                          |                   |                          |                  |               |                |  |  |  |  |  |  |  |  |  |
| 18:00 ~ 19:00  | 18:00 ~ 19:00            | 18:00 ~ 19:00            |                   | 18:00 ~ 19:00            | 18:00 ~ 19:00    | 18:00 ~ 19:00 | 18:00 ~ 19:00  |  |  |  |  |  |  |  |  |  |
| Back & Arm 🌈   | Hip & Leg 🌈              | Back & Arm 🌈             |                   | Stretch & Conditioning 🌈 | Waist 🌈          |               |                |  |  |  |  |  |  |  |  |  |
| RINA.K         | Harune.A                 | RINA.K                   |                   | Harune.A                 | RINA.K           |               |                |  |  |  |  |  |  |  |  |  |
| 19:30 ~ 20:30  | 19:30 ~ 20:30            | 19:30 ~ 20:30            |                   | 19:30 ~ 20:30            | 19:30 ~ 20:30    | 19:30 ~ 20:30 | 19:30 ~ 20:30  |  |  |  |  |  |  |  |  |  |
| Waist 🌈        | Pilates Barre            | Stretch & Conditioning 🌈 |                   | Back & Arm 🌈             | Basic 🌈          |               |                |  |  |  |  |  |  |  |  |  |
| RINA.K         | Ikumi.S                  | Harune.A                 |                   | RINA.K                   | YUA.s            |               |                |  |  |  |  |  |  |  |  |  |
| 21:00 ~ 22:00  | 21:00 ~ 22:00            | 21:00 ~ 22:00            |                   | 21:00 ~ 22:00            | 21:00 ~ 22:00    | 21:00 ~ 22:00 | 21:00 ~ 22:00  |  |  |  |  |  |  |  |  |  |
| Hip & Leg 🌈    | Waist 🌈                  | Basic 🌈                  |                   | Hip & Leg 🌈              | Back & Arm 🌈     |               |                |  |  |  |  |  |  |  |  |  |
| mizuki.K       | RINA.K                   | Harune.A                 |                   | Harune.A                 | YUA.s            |               |                |  |  |  |  |  |  |  |  |  |

🌈：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。

## 2025/12/14 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  |                |
| Release&Strength       | Basic            |                | Hip & Leg      | Back & Arm       |                        | Stretch & Conditioning | Waist          |                |
| mizuki.K               | Ikumi.S          |                | mizuki.K       | YUA.s            |                        | Harune.A               | RINA.K         |                |
| 12:00 ~ 13:00          | 12:30 ~ 13:30    |                | 12:00 ~ 13:00  | 12:00 ~ 13:00    |                        | 12:00 ~ 13:00          | 12:00 ~ 13:00  |                |
| Hip & Leg              | Pilates Barre    |                | Waist          | Pilates Barre    |                        | Back & Arm             | Shape up waist |                |
| Ikumi.S                | Ikumi.S          |                | RINA.K         | Ikumi.S          |                        | RINA.K                 | mizuki.K       |                |
| 13:30 ~ 14:30          | 14:30 ~ 15:30    |                | 13:30 ~ 14:30  | 13:30 ~ 14:30    |                        | 13:30 ~ 14:30          | 13:30 ~ 14:30  |                |
| Basic                  | Waist            |                | Basic          | Hip & Leg        |                        | Basic                  | Back & Arm     |                |
| YUA.s                  | RINA.K           |                | YUA.s          | mizuki.K         |                        | Harune.A               | RINA.K         |                |
| 15:00 ~ 16:00          | 16:30 ~ 17:30    |                | 15:00 ~ 16:00  | 15:00 ~ 16:00    |                        | close                  | 15:00 ~ 16:00  |                |
| Stretch & Conditioning | Back &Arm        |                | Back &Arm      | Basic            |                        |                        | Basic          |                |
| Harune.A               | RINA.K           |                | RINA.K         | YUA.s            |                        |                        | Harune.A       |                |
|                        | close            |                | 16:30 ~ 17:30  | 16:30 ~ 17:30    |                        |                        | close          |                |
|                        |                  |                | Shape up waist | Release&Strength |                        |                        |                |                |
|                        |                  |                | mizuki.K       | mizuki.K         |                        |                        |                |                |
| 17:30 ~ 18:30          |                  |                | 18:00 ~ 19:00  | 18:00 ~ 19:00    |                        | 18:00 ~ 19:00          |                | 17:30 ~ 18:30  |
| Basic                  |                  | Shape up waist | close          | close            | Stretch & Conditioning |                        |                |                |
| YUA.s                  |                  | Ikumi.S        |                |                  | Harune.A               |                        |                |                |
| close                  | close            | close          |                |                  | close                  | close                  |                |                |
|                        |                  |                |                |                  |                        |                        | 18:00 ~ 19:00  | 18:00 ~ 19:00  |
|                        |                  |                |                |                  |                        |                        | Waist          | Shape up waist |
|                        |                  |                | RINA.K         | mizuki.K         |                        |                        |                |                |
|                        |                  |                | 19:30 ~ 20:30  | 19:30 ~ 20:30    |                        |                        |                |                |
| Pilates Barre          | Release&Strength |                |                |                  |                        |                        |                |                |
| Ikumi.S                | mizuki.K         |                |                |                  |                        |                        |                |                |
| 21:00 ~ 22:00          | 21:00 ~ 22:00    |                |                |                  |                        |                        |                |                |
| Basic                  | Waist            |                |                |                  |                        |                        |                |                |
| Ikumi.S                | RINA.K           |                |                |                  |                        |                        |                |                |

| 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          |               |       |               |                  |
| Release&Strength          |               | Waist 🇯🇵         | Hip & Leg 🇯🇵   |                           | Back & Arm 🇯🇵             | Basic 🇯🇵               |               |       |               |                  |
| mizuki.K                  |               | RINA.K           | Harune.A       |                           | RINA.K                    | Ikumi.S                |               |       |               |                  |
| 12:30 ~ 13:30             |               | 12:00 ~ 13:00    | 12:30 ~ 13:30  |                           | 12:00 ~ 13:00             | 12:00 ~ 13:00          |               |       |               |                  |
| Back & Arm 🇯🇵             |               | Basic 🇯🇵         | Shape up waist |                           | Stretch & Conditioning 🇯🇵 | Waist 🇯🇵               |               |       |               |                  |
| YUA.s                     |               | YUA.s            | mizuki.K       |                           | Harune.A                  | RINA.K                 |               |       |               |                  |
| 14:30 ~ 15:30             |               | 13:30 ~ 14:30    | close          |                           | 13:30 ~ 14:30             | 13:30 ~ 14:30          |               |       |               |                  |
| Basic 🇯🇵                  |               | Back & Arm 🇯🇵    |                |                           | Waist 🇯🇵                  | Stretch & Conditioning |               |       |               |                  |
| YUA.s                     |               | RINA.K           |                |                           | RINA.K                    | Harune.A               |               |       |               |                  |
| 16:30 ~ 17:30             |               | close            |                |                           | close                     | close                  | 15:00 ~ 16:00 |       |               |                  |
| Waist 🇯🇵                  |               |                  | Pilates Barre  |                           |                           |                        |               |       |               |                  |
| mizuki.K                  |               |                  | Ikumi.S        |                           |                           |                        |               |       |               |                  |
| close                     |               |                  | close          |                           |                           |                        | close         | close | 17:30 ~ 18:30 |                  |
|                           |               |                  |                |                           |                           |                        |               |       | Back & Arm 🇯🇵 |                  |
|                           | mizuki.K      |                  |                |                           |                           |                        |               |       |               |                  |
|                           | 18:00 ~ 19:00 |                  |                | 18:00 ~ 19:00             |                           |                        |               |       | 18:00 ~ 19:00 | 18:00 ~ 19:00    |
|                           | Pilates Barre |                  |                | Stretch & Conditioning 🇯🇵 |                           |                        |               |       | Basic 🇯🇵      | Release&Strength |
|                           | Ikumi.S       |                  |                | Ikumi.S                   |                           |                        |               |       | YUA.s         | mizuki.K         |
|                           | 19:30 ~ 20:30 |                  |                | 19:30 ~ 20:30             |                           |                        |               |       | 19:30 ~ 20:30 | 19:30 ~ 20:30    |
|                           | Back & Arm 🇯🇵 | Waist 🇯🇵         |                | Shape up waist            | Hip & Leg 🇯🇵              |                        |               |       |               |                  |
|                           | YUA.s         | RINA.K           |                | Ikumi.S                   | Harune.A                  |                        |               |       |               |                  |
|                           | 21:00 ~ 22:00 | 21:00 ~ 22:00    |                | 21:00 ~ 22:00             | 21:00 ~ 22:00             |                        |               |       |               |                  |
| Stretch & Conditioning 🇯🇵 | Pilates Barre | Release&Strength | Basic 🇯🇵       |                           |                           |                        |               |       |               |                  |
| Ikumi.S                   | Ikumi.S       | Ikumi.S          | mizuki.K       |                           |                           |                        |               |       |               |                  |

※ **体験可能レッスン**

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