

【 02/01 ~ 02/08 】 スケジュール							
02/01	02/02	02/03	02/04	02/05	02/06	02/07	02/08
日	月	火	水	木	金	土	日
10:30 ~ 11:30		10:30 ~ 11:30	10:30 ~ 11:30		10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30
jump to burn		Basic	Stretch & Conditioning		Back & Arm	jump to burn	Stretch & Conditioning
Rion.S		Rion.S	misaki.h		Nagi.k	Rion.S	misaki.h
12:30 ~ 13:30		12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30
Hip & Leg		Back & Arm	Basic		Basic	Hip & Leg	Basic
Rion.S		Nagi.k	rena.H		rena.H	rena.H	rena.H
14:30 ~ 15:30		13:30 ~ 14:30			13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30
Waist		Pilates Cardio			Waist	Stretch & Conditioning	Back & Arm
rena.H		Rion.S			Nagi.k	misaki.h	misaki.h
16:30 ~ 17:30					15:00 ~ 16:00	16:30 ~ 17:30	
Basic					Pilates Cardio	Hip & Leg	
rena.H					Rion.S	rena.H	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	
close		close		close		close	

pilatesK 筑紫野店		【 02/17 ~ 02/24 】 スケジュール						2026/01/15 更新	
02/17	02/18	02/19	02/20	02/21	02/22	02/23	02/24		
火 10:30 ~ 11:30 Waist Nagi.k	水 10:30 ~ 11:30 Stretch & Conditioning misaki.h	木 金 close	10:30 ~ 11:30 Back & Arm Nagi.k close	10:30 ~ 11:30 Basic misaki.h close	10:30 ~ 11:30 Waist Nagi.k close	月 10:30 ~ 11:30 Hip & Leg Rion.S close	火 10:30 ~ 11:30 Hip & Leg Rion.S close		
12:00 ~ 13:00 Stretch & Conditioning misaki.h	12:00 ~ 13:00 Waist Nagi.k		12:00 ~ 13:00 Pilates Cardio Rion.S close	12:00 ~ 13:00 Back & Arm Nagi.k close	12:30 ~ 13:30 Basic rena.H close		12:00 ~ 13:00 Shape up waist Rion.S close		
13:30 ~ 14:30 Back & Arm Nagi.k			13:30 ~ 14:30 Waist Nagi.k close	13:30 ~ 14:30 Stretch & Conditioning misaki.h close	14:30 ~ 15:30 Back & Arm Nagi.k close		13:30 ~ 14:30 Body Balance rena.H close		
18:00 ~ 19:00 Waist rena.H	18:00 ~ 19:00 Hip & Leg rena.H	18:00 ~ 19:00 Basic misaki.h	18:00 ~ 19:00 jump to burn Rion.S	18:00 ~ 19:00 Back & Arm Nagi.k close	15:00 ~ 16:00 Hip & Leg rena.H close		18:00 ~ 19:00 Basic misaki.h close		
19:30 ~ 20:30 Basic misaki.h	19:30 ~ 20:30 Back & Arm Nagi.k	19:30 ~ 20:30 Pilates Cardio Rion.S	19:30 ~ 20:30 Hip & Leg rena.H	19:30 ~ 20:30 Back & Arm misaki.h close	17:30 ~ 18:30 Basic rena.H close		19:30 ~ 20:30 Back & Arm Nagi.k close		
21:00 ~ 22:00 Hip & Leg rena.H	21:00 ~ 22:00 Basic rena.H	21:00 ~ 22:00 Stretch & Conditioning misaki.h	21:00 ~ 22:00 Basic rena.H	21:00 ~ 22:00 Back & Arm Nagi.k close	15:00 ~ 16:00 Pilates Cardio Rion.S close		21:00 ~ 22:00 jump to burn misaki.h		

pilatesK 筑紫野店		【 02/25 ~ 02/28 】 スケジュール					
02/25	02/26	02/27	02/28				
水 10:30 ~ 11:30 Shape up waist Rion.S	木 10:30 ~ 11:30 jump to burn misaki.h	金 10:30 ~ 11:30 Stretch & Conditioning misaki.h	土 10:30 ~ 11:30 misaki.h				
12:30 ~ 13:30 Body Balance rena.H		12:00 ~ 13:00 Waist rena.H	12:00 ~ 13:00 Basic misaki.h				
close	close	13:30 ~ 14:30 Basic misaki.h	13:30 ~ 14:30 Back & Arm Nagi.k				
		15:00 ~ 16:00 Pilates Cardio Rion.S	15:00 ~ 16:00 Basic rena.H close				
18:00 ~ 19:00 Back & Arm Nagi.k	18:00 ~ 19:00 Waist Nagi.k	18:00 ~ 19:00 Shape up waist Rion.S	18:00 ~ 19:00 Basic rena.H close				
19:30 ~ 20:30 Basic misaki.h	19:30 ~ 20:30 Shape up waist Rion.S	19:30 ~ 20:30 Body Balance rena.H	19:30 ~ 20:30 Back & Arm Nagi.k close				
21:00 ~ 22:00 Waist Nagi.k	21:00 ~ 22:00 Basic Rion.S	21:00 ~ 22:00 Pilates Cardio Rion.S	21:00 ~ 22:00 Back & Arm Nagi.k close				

:体験可能なレッスン
・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がキャンセルされた場合は、1時間前迄にお願いしております。
レッスン開始後は原則的にキャンセルされません。
※毎回外キャンセルが月2回以上で、翌月の予約可能回数が1回に制限されます。