

| pilates K 西梅田店           |                | 【 11/01 ~ 11/08 】 |                 | スケジュール           |                          | 2025/11/01 更新 |                |
|--------------------------|----------------|-------------------|-----------------|------------------|--------------------------|---------------|----------------|
| 11/01                    | 11/02          | 11/03             | 11/04           | 11/05            | 11/06                    | 11/07         | 11/08          |
| 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    | 10:30 ~ 11:30            | 10:30 ~ 11:30 | 10:30 ~ 11:30  |
| Waist 🌿                  | Shape up waist |                   | Basic 🌿         | Back & Arm 🌿     | Body Balance             | Hip & Leg 🌿   | Body Balance   |
| Konoka.k                 | nono.K         |                   | Konoka.k        | Naoko.O          | Maho.F                   | Maho.F        | Maho.F         |
| 12:00 ~ 13:00            | 12:30 ~ 13:30  |                   | 12:00 ~ 13:00   | 12:00 ~ 13:00    | 12:30 ~ 13:00            | 12:00 ~ 13:00 | 12:00 ~ 13:00  |
| Leg Lines                | Basic 🌿        |                   | Waist 🌿         | Shape up waist   | Stretch & Conditioning 🌿 | Basic 🌿       | Hip & Leg 🌿    |
| Yuna                     | Ikumi.S        |                   | Konoka.k        | nono.K           | nono.K                   | Honoka.g      | Honoka.g       |
| 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  |
| Stretch & Conditioning 🌿 | Hip & Leg 🌿    |                   | Pilates Workout | Release&Strength | Basic 🌿                  | Body Balance  | Shape up waist |
| nono.K                   | Ikumi.S        |                   | Yuna            | 未定               | Maho.F                   | Maho.F        | nono.K         |
| 15:00 ~ 16:00            | 16:30 ~ 17:30  |                   | close           | close            | close                    | close         | 15:00 ~ 16:00  |
| jump to burn             | Waist 🌿        |                   |                 |                  |                          |               | Basic 🌿        |
| Yuna                     | nono.K         |                   |                 |                  |                          |               | Honoka.g       |
| 16:30 ~ 17:30            |                |                   |                 |                  |                          |               | 16:30 ~ 17:30  |
| Shape up waist           |                |                   |                 |                  |                          |               | Pilates Cardio |
| nono.K                   |                |                   |                 |                  |                          |               | Yuna           |
| 18:00 ~ 19:00            |                |                   |                 |                  |                          |               | 18:00 ~ 19:00  |
| Hip & Leg 🌿              |                |                   |                 |                  |                          |               | Back & Arm 🌿   |
| Konoka.k                 |                |                   |                 |                  |                          |               | Yuna           |
|                          |                |                   |                 |                  |                          |               |                |
|                          |                |                   |                 |                  |                          |               |                |
|                          |                |                   |                 |                  |                          |               |                |
|                          |                |                   | 18:00 ~ 19:00   | 18:00 ~ 19:00    | 18:00 ~ 19:00            | 18:00 ~ 19:00 |                |
|                          |                |                   | Waist 🌿         | Leg Lines        | Hip & Leg 🌿              | Basic 🌿       |                |
|                          |                |                   | Honoka.g        | Yuna             | Konoka.k                 | Konoka.k      |                |
|                          |                |                   | 19:30 ~ 20:30   | 19:30 ~ 20:30    | 19:30 ~ 20:30            | 19:30 ~ 20:30 |                |
|                          |                |                   | Pilates Cardio  | Back & Spine     | Shape up waist           | Hip & Leg 🌿   |                |
|                          |                |                   | Yuna            | Yuna             | nono.K                   | Honoka.g      |                |
|                          |                |                   | 21:00 ~ 22:00   | 21:00 ~ 22:00    | 21:00 ~ 22:00            | 21:00 ~ 22:00 |                |
|                          |                |                   | Hip & Leg 🌿     | Body Balance     | Basic 🌿                  | Waist 🌿       |                |
|                          |                |                   | Honoka.g        | Maho.F           | Konoka.k                 | Konoka.k      |                |

| pilates K 西梅田店  |       | 【 11/09 ~ 11/16 】        |               | スケジュール         |                          | 2025/11/01 更新   |                  |
|-----------------|-------|--------------------------|---------------|----------------|--------------------------|-----------------|------------------|
| 11/09           | 11/10 | 11/11                    | 11/12         | 11/13          | 11/14                    | 11/15           | 11/16            |
| 日               | 月     | 火                        | 水             | 木              | 金                        | 土               | 日                |
| 10:30 ~ 11:30   | close | 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 🌿         |       | Pilates Barre            | jump to burn  | Leg Lines      | Waist 🌿                  | Hip & Leg 🌿     | Back & Arm 🌿     |
| Konoka.k        |       | 未定                       | Yuna          | Yuna           | Konoka.k                 | Konoka.k        | Naoko.O          |
| 12:30 ~ 13:30   |       | 12:00 ~ 13:00            | 12:00 ~ 13:00 | 12:00 ~ 13:00  | 12:00 ~ 13:00            | 12:00 ~ 13:00   | 12:30 ~ 13:30    |
| Pilates Workout |       | Hip & Leg 🌿              | Basic 🌿       | Waist 🌿        | Pilates Cardio           | Pilates Workout | Pilates Barre    |
| Yuna            |       | Maho.F                   | Honoka.g      | Konoka.k       | Yuna                     | Yuna            | 未定               |
| 14:30 ~ 15:30   |       | 13:30 ~ 14:30            | 13:30 ~ 14:30 | 13:30 ~ 14:30  | 13:30 ~ 14:30            | 13:30 ~ 14:30   | 14:30 ~ 15:30    |
| Waist 🌿         |       | Stretch & Conditioning 🌿 | Back & Arm 🌿  | Back & Spine   | Hip & Leg 🌿              | Basic 🌿         | Release&Strength |
| Honoka.g        |       | nono.K                   | Yuna          | Yuna           | Konoka.k                 | Maho.F          | 未定               |
| 16:30 ~ 17:30   |       | close                    | close         | close          | close                    | 15:00 ~ 16:00   | 16:30 ~ 17:30    |
| Back & Spine    |       |                          |               |                |                          | jump to burn    | Shape up waist   |
| Yuna            |       |                          |               |                |                          | Yuna            | nono.K           |
|                 |       |                          |               |                |                          | 16:30 ~ 17:30   |                  |
|                 |       |                          |               |                |                          | Basic 🌿         |                  |
|                 |       |                          |               |                |                          | Konoka.k        |                  |
|                 |       |                          |               |                |                          | 18:00 ~ 19:00   |                  |
|                 |       |                          |               |                |                          | Body Balance    |                  |
|                 |       |                          |               |                |                          | Maho.F          |                  |
|                 |       |                          |               |                |                          |                 |                  |
|                 |       |                          |               |                |                          |                 |                  |
|                 |       |                          |               |                |                          |                 |                  |
|                 |       |                          | 18:00 ~ 19:00 | 18:00 ~ 19:00  | 18:00 ~ 19:00            |                 |                  |
|                 |       |                          | Hip & Leg 🌿   | Body Balance   | Pilates Barre            | jump to burn    |                  |
|                 |       |                          | Honoka.g      | Maho.F         | 未定                       | Yuna            |                  |
|                 |       |                          | 19:30 ~ 20:30 | 19:30 ~ 20:30  | 19:30 ~ 20:30            | 19:30 ~ 20:30   |                  |
|                 |       |                          | Body Balance  | Basic 🌿        | Waist 🌿                  | Back & Arm 🌿    |                  |
|                 |       |                          | Maho.F        | Konoka.k       | Konoka.k                 | Yuna            |                  |
|                 |       |                          | 21:00 ~ 22:00 | 21:00 ~ 22:00  | 21:00 ~ 22:00            | 21:00 ~ 22:00   |                  |
|                 |       |                          | Waist 🌿       | Shape up waist | Stretch & Conditioning 🌿 | Pilates Barre   |                  |
|                 |       |                          | Honoka.g      | nono.K         | nono.K                   | 未定              |                  |

🌿：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時間前を切った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。

pilates K 西梅田店

【 11/17 ~ 11/24 】 スケジュール

2025/11/01 更新

| 11/17 | 11/18 | 11/19           | 11/20            | 11/21          | 11/22          | 11/23          | 11/24 |
|-------|-------|-----------------|------------------|----------------|----------------|----------------|-------|
| 月     | 火     | 水               | 木                | 金              | 土              | 日              | 月     |
| close | close | 10:30 ~ 11:30   | 10:30 ~ 11:30    | 10:30 ~ 11:30  | 10:30 ~ 11:30  | 10:30 ~ 11:30  | close |
|       |       | Body Balance    | Pilates Workout  | Hip & Leg 🌱    | Pilates Cardio | Leg Lines      |       |
|       |       | Maho.F          | Yuna             | Honoka.g       | 未定             | Yuna           |       |
|       |       | 12:00 ~ 13:00   | 12:00 ~ 13:00    | 12:00 ~ 13:00  | 12:00 ~ 13:00  | 12:30 ~ 13:30  |       |
|       |       | Back & Arm 🌱    | Hip & Leg 🌱      | Pilates Barre  | Pilates Barre  | Hip & Leg 🌱    |       |
|       |       | Yuna            | Honoka.g         | 未定             | 未定             | Maho.F         |       |
|       |       | 13:30 ~ 14:30   | 13:30 ~ 14:30    | 13:30 ~ 14:30  | 13:30 ~ 14:30  | 14:30 ~ 15:30  |       |
|       |       | Basic 🌱         | Pilates Cardio   | Waist 🌱        | Body Balance   | Back & Spine   |       |
|       |       | Maho.F          | Yuna             | Honoka.g       | Maho.F         | Yuna           |       |
|       |       | close           | close            | close          | 15:00 ~ 16:00  | 16:30 ~ 17:30  |       |
|       |       |                 |                  |                | Waist 🌱        | Pilates Cardio |       |
|       |       |                 |                  |                | Konoka.k       | 未定             |       |
|       |       |                 |                  |                | 16:30 ~ 17:30  |                |       |
|       |       |                 |                  |                | Shape up waist |                |       |
|       |       |                 |                  |                | nono.K         |                |       |
|       |       |                 |                  |                | 18:00 ~ 19:00  |                |       |
|       |       |                 |                  |                | Basic 🌱        |                |       |
|       |       |                 |                  |                | Maho.F         |                |       |
|       |       | 18:00 ~ 19:00   | 18:00 ~ 19:00    | 18:00 ~ 19:00  |                |                |       |
|       |       | Back & Spine    | Release&Strength | Shape up waist |                |                |       |
|       |       | Yuna            | 未定               | nono.K         |                |                |       |
|       |       | 19:30 ~ 20:30   | 19:30 ~ 20:30    | 19:30 ~ 20:30  |                |                |       |
|       |       | Pilates Workout | Hip & Leg 🌱      | Body Balance   |                |                |       |
|       |       | Yuna            | Honoka.g         | Maho.F         |                |                |       |
|       |       | 21:00 ~ 22:00   | 21:00 ~ 22:00    | 21:00 ~ 22:00  |                |                |       |
|       |       | Hip & Leg 🌱     | Back & Arm 🌱     | Basic 🌱        |                |                |       |
|       |       | Konoka.k        | Naoko.O          | Maho.F         |                |                |       |

pilates K 西梅田店

【 11/25 ~ 11/30 】 スケジュール

2025/11/01 更新

| 11/25          | 11/26            | 11/27                    | 11/28                    | 11/29                    | 11/30          |
|----------------|------------------|--------------------------|--------------------------|--------------------------|----------------|
| 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  |
| Basic 🌱        | Waist 🌱          | Hip & Leg 🌱              | Back & Spine             | Basic 🌱                  | jump to burn   |
| Honoka.g       | Honoka.g         | Konoka.k                 | Yuna                     | Maho.F                   | Yuna           |
| 12:00 ~ 13:00  | 12:00 ~ 13:00    | 12:00 ~ 13:00            | 12:00 ~ 13:00            | 12:00 ~ 13:00            | 12:30 ~ 13:30  |
| Back & Spine   | jump to burn     | Pilates Workout          | Stretch & Conditioning 🌱 | Waist 🌱                  | Hip & Leg 🌱    |
| Yuna           | 未定               | Yuna                     | nono.K                   | Konoka.k                 | Honoka.g       |
| 13:30 ~ 14:30  | 13:30 ~ 14:30    | 13:30 ~ 14:30            | 13:30 ~ 14:30            | 13:30 ~ 14:30            | 14:30 ~ 15:30  |
| Waist 🌱        | Hip & Leg 🌱      | Back & Arm 🌱             | Leg Lines                | Shape up waist           | Pilates Cardio |
| Honoka.g       | Honoka.g         | Yuna                     | Yuna                     | nono.K                   | 未定             |
| close          | close            | close                    | close                    | 15:00 ~ 16:00            | 16:30 ~ 17:30  |
|                |                  |                          |                          | Hip & Leg 🌱              | Body Balance   |
|                |                  |                          |                          | Konoka.k                 | Maho.F         |
|                |                  |                          |                          | 16:30 ~ 17:30            |                |
|                |                  |                          |                          | Stretch & Conditioning 🌱 |                |
|                |                  |                          |                          | nono.K                   |                |
|                |                  |                          |                          | 18:00 ~ 19:00            |                |
|                |                  |                          |                          | jump to burn             |                |
|                |                  |                          |                          | 未定                       |                |
| 18:00 ~ 19:00  | 18:00 ~ 19:00    | 18:00 ~ 19:00            | 18:00 ~ 19:00            |                          |                |
| Shape up waist | Leg Lines        | Stretch & Conditioning 🌱 | Basic 🌱                  |                          |                |
| nono.K         | Yuna             | nono.K                   | Konoka.k                 |                          |                |
| 19:30 ~ 20:30  | 19:30 ~ 20:30    | 19:30 ~ 20:30            | 19:30 ~ 20:30            |                          |                |
| jump to burn   | Release&Strength | Pilates Cardio           | Pilates Barre            |                          |                |
| Yuna           | 未定               | 未定                       | 未定                       |                          |                |
| 21:00 ~ 22:00  | 21:00 ~ 22:00    | 21:00 ~ 22:00            | 21:00 ~ 22:00            |                          |                |
| Pilates Barre  | Pilates Workout  | Shape up waist           | Hip & Leg 🌱              |                          |                |
| 未定             | Yuna             | nono.K                   | Konoka.k                 |                          |                |

🌱 : 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時間前迄を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。