

| 【 12/01 ~ 12/08 】 スケジュール | | | | | | | | 2025/12/06 | 更新 |
|--------------------------|----------------|---------------|----------------|---------------|----------------|------------------------|---------------|---------------|---------------|
| 月 | 火 | 水 | 木 | 金 | 土 | 日 | 月 | | |
| | 10:30 ~ 11:30 | 10:30 ~ 11:30 | 10:30 ~ 11:30 | 10:30 ~ 11:30 | 10:30 ~ 11:30 | 10:30 ~ 11:30 | 10:30 ~ 11:30 | 10:30 ~ 11:30 | 10:30 ~ 11:30 |
| | Advance | Basic | Hip & Leg | Waist spXmas | Leg Lines | Body Balance | | | |
| | Luka | Honoka.g | Konoka.k | Honoka.g | Luka | Maho.F | | | |
| | 12:00 ~ 13:00 | 12:00 ~ 13:00 | 12:00 ~ 13:00 | 12:00 ~ 13:00 | 12:00 ~ 13:00 | 12:00 ~ 13:00 | 12:30 ~ 13:30 | | |
| | Basic | Pilates Barre | Shape up waist | Basic | Hip & Leg | Advance | | | |
| | Maho.F | nono.K | nono.K | Konoka.k | Maho.F | Luka | | | |
| | 13:30 ~ 14:30 | 13:30 ~ 14:30 | 13:30 ~ 14:30 | 13:30 ~ 14:30 | 13:30 ~ 14:30 | 13:30 ~ 14:30 | 14:30 ~ 15:30 | | |
| | Pilates Cardio | Waist spXmas | Basic | Hip & Leg | Pilates Cardio | Pilates Barre | | | |
| | Luka | Honoka.g | Konoka.k | Honoka.g | Luka | nono.K | | | |
| close | close | close | close | close | 15:00 ~ 16:00 | 16:30 ~ 17:30 | close | close | close |
| | | | | | Body Balance | Back & Arm | | | |
| | | | | | Maho.F | Luka | | | |
| | | | | | 16:30 ~ 17:30 | | | | |
| | | | | | Basic | | | | |
| | | | | | Konoka.k | | | | |
| | | | | | 18:00 ~ 19:00 | | | | |
| | | | | | Hip & Leg | | | | |
| | | | | | Konoka.k | | | | |
| | | | | | 18:00 ~ 19:00 | | | | |
| | | | | | 18:00 ~ 19:00 | | | | |
| | | | | | jump to burn | Hip & Leg | | | |
| | | | | | Honoka.g | Shape up waist | | | |
| | | | | | Luka | Honoka.g | | | |
| | | | | | 19:30 ~ 20:30 | Body Balance | | | |
| | | | | | Waist spXmas | Basic | | | |
| | | | | | Honoka.g | Hip & Leg | | | |
| | | | | | Maho.F | Honoka.g | | | |
| | | | | | 21:00 ~ 22:00 | Advance | | | |
| | | | | | Konoka.k | Pilates Barre | | | |
| | | | | | Luka | Stretch & Conditioning | | | |
| | | | | | nono.K | nono.K | | | |

| 【 12/09 ~ 12/16 】 スケジュール | | | | | | | | 12/15 | 12/16 |
|--------------------------|----------------|----------------|------------------------|-----------------|-----------------|------------------------|---------------|----------------|---------------|
| 月 | 火 | 水 | 木 | 金 | 土 | 日 | 月 | | |
| | 10:30 ~ 11:30 | 10:30 ~ 11:30 | 10:30 ~ 11:30 | 10:30 ~ 11:30 | 10:30 ~ 11:30 | 10:30 ~ 11:30 | 10:30 ~ 11:30 | 10:30 ~ 11:30 | 10:30 ~ 11:30 |
| | Waist spXmas | Basic | Pilates Barre | Pilates Workout | Waist spXmas | Hip & Leg | | | |
| | Honoka.g | Konoka.k | nono.K | Yuna | Honoka.g | Konoka.k | | | |
| | 12:00 ~ 13:00 | 12:00 ~ 13:00 | 12:00 ~ 13:00 | 12:00 ~ 13:00 | 12:00 ~ 13:00 | 12:00 ~ 13:00 | 12:30 ~ 13:30 | 12:00 ~ 13:00 | 12:00 ~ 13:00 |
| | Leg Lines | Hip & Leg | Basic | Back & Arm | Basic | Stretch & Conditioning | | Pilates Barre | |
| | Yuna | Maho.F | Maho.F | Yuna | Maho.F | nono.K | | nono.K | |
| | 13:30 ~ 14:30 | 13:30 ~ 14:30 | 13:30 ~ 14:30 | 13:30 ~ 14:30 | 13:30 ~ 14:30 | 13:30 ~ 14:30 | 14:30 ~ 15:30 | 13:30 ~ 14:30 | 13:30 ~ 14:30 |
| | Hip & Leg | Body Balance | Stretch & Conditioning | Basic | Back & Spine | Basic | | Hip & Leg | |
| | Honoka.g | Maho.F | nono.K | Konoka.k | Yuna | Konoka.k | | Konoka.k | |
| | | | | | 15:00 ~ 16:00 | 16:30 ~ 17:30 | | | |
| | | | | | Hip & Leg | Shape up waist | | | |
| | | | | | Honoka.g | nono.K | | | |
| | | | | | 16:30 ~ 17:30 | Leg Lines | | | |
| | | | | | Yuna | | | | |
| | | | | | 18:00 ~ 19:00 | Back & Arm | | | |
| | | | | | Yuna | | | | |
| | | | | | 18:00 ~ 19:00 | Hip & Leg | | | |
| | | | | | Pilates Workout | Waist spXmas | | | |
| | | | | | Yuna | Honoka.g | | | |
| | 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 | |
| | Pilates Cardio | Back & Arm | Body Balance | Pilates Barre | | | | Shape up waist | |
| | Yuna | Yuna | Maho.F | nono.K | | | | nono.K | |
| | 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 | |
| | Basic | Shape up waist | Hip & Leg | Basic | | | | Body Balance | |
| | Konoka.k | nono.K | Konoka.k | Maho.F | | | | Maho.F | |

⌚ : 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。
 ・レッスン開始時刻別に時間前を切っ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。

| pilatesK 西梅田店 | | | 【 12/17 ~ 12/24 】 スケジュール | | | | 2025/12/06 更新 | |
|---------------|---------------|---------------|--------------------------|----------------|---------------|---------------|----------------|--|
| 12/17 | 12/18 | 12/19 | 12/20 | 12/21 | 12/22 | 12/23 | 12/24 | |
| 水 | 木 | 金 | 土 | 日 | 月 | 火 | 水 | |
| 10:30 ~ 11:30 | 10:30 ~ 11:30 | 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 | Hip & Leg | Body Balance | Hip & Leg | Back & Spine | | Basic | Hip & Leg | |
| Yuna | Maho.F | Maho.F | Konoka.k | Yuna | | Maho.F | Maho.F | |
| 12:00 ~ 13:00 | 12:00 ~ 13:00 | 12:00 ~ 13:00 | 12:00 ~ 13:00 | 12:30 ~ 13:30 | | 12:00 ~ 13:00 | 12:00 ~ 13:00 | |
| Body Balance | Back & Spine | Waist spXmas | Shape up waist | Pilates Cardio | | Waist spXmas | Pilates Cardio | |
| Maho.F | Yuna | Honoka.g | nono.K | Yuna | | Honoka.g | Yuna | |
| 13:30 ~ 14:30 | 13:30 ~ 14:30 | 13:30 ~ 14:30 | 13:30 ~ 14:30 | 14:30 ~ 15:30 | | 13:30 ~ 14:30 | 13:30 ~ 14:30 | |
| Back & Arm | Basic | Hip & Leg | Waist spXmas | Back & Arm | | Body Balance | Basic | |
| Yuna | Maho.F | Maho.F | Honoka.g | Yuna | | Maho.F | Maho.F | |
| close | close | close | | | close | close | close | |
| 15:00 ~ 16:00 | | | 16:30 ~ 17:30 | | | | | |
| | | | Hip & Leg | Basic | | | | |
| | | | Konoka.k | Honoka.g | | | | |
| 16:30 ~ 17:30 | | | | | | | | |
| | | | Basic | | | | | |
| | | | Honoka.g | | | | | |
| 18:00 ~ 19:00 | | | 18:00 ~ 19:00 | | | 18:00 ~ 19:00 | 18:00 ~ 19:00 | |
| | | | | | | Pilates Barre | jump to burn | |
| Back & Spine | Leg Lines | Basic | | | | | | |
| Yuna | Yuna | Konoka.k | | | | | | |
| 19:30 ~ 20:30 | 19:30 ~ 20:30 | 19:30 ~ 20:30 | 19:30 ~ 20:30 | 19:30 ~ 20:30 | | | | |
| Hip & Leg | jump to burn | Waist spXmas | | | | | | |
| Maho.F | Yuna | Honoka.g | | | | | | |
| 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00 | | | | |
| Pilates Barre | Basic | Hip & Leg | | | | | | |
| nono.K | Konoka.k | Konoka.k | | | | | | |

| pilatesK 西梅田店 | | | 【 12/25 ~ 12/31 】 スケジュール | | | | 12/31 | |
|---------------|------------------------|------------------------|--------------------------|---------------|-------|-------|-------|--|
| 12/25 | 12/26 | 12/27 | 12/28 | 12/29 | 12/30 | 火 | 水 | |
| 木 | 金 | 土 | 日 | 月 | | | | |
| 10:30 ~ 11:30 | 10:30 ~ 11:30 | 10:30 ~ 11:30 | 10:30 ~ 11:30 | 10:30 ~ 11:30 | | | | |
| Waist spXmas | Stretch & Conditioning | Basic | Pilates Workout | | | | | |
| Honoka.g | nono.K | Honoka.g | Yuna | | | | | |
| 12:00 ~ 13:00 | 12:00 ~ 13:00 | 12:00 ~ 13:00 | 12:30 ~ 13:30 | | | | | |
| Basic | Back & Arm | Body Balance | Shape up waist | | | | | |
| Maho.F | Yuna | Maho.F | nono.K | | | | | |
| 13:30 ~ 14:30 | 13:30 ~ 14:30 | 13:30 ~ 14:30 | 14:30 ~ 15:30 | | | | | |
| Hip & Leg | Shape up waist | Hip & Leg | Back & Spine | | | | | |
| Honoka.g | nono.K | Konoka.k | Yuna | | | | | |
| close | close | | | close | close | close | close | |
| 15:00 ~ 16:00 | | 16:30 ~ 17:30 | | | | | | |
| | | Stretch & Conditioning | Pilates Barre | | | | | |
| | | nono.K | nono.K | | | | | |
| 16:30 ~ 17:30 | | | | | | | | |
| | | Waist | | | | | | |
| | | Honoka.g | | | | | | |
| 18:00 ~ 19:00 | | 18:00 ~ 19:00 | | | | | | |
| Basic | Body Balance | | | | | | | |
| Konoka.k | Maho.F | | | | | | | |
| 19:30 ~ 20:30 | 19:30 ~ 20:30 | | | | | | | |
| Body Balance | Pilates Workout | | | | | | | |
| Maho.F | Yuna | | | | | | | |
| 21:00 ~ 22:00 | 21:00 ~ 22:00 | | | | | | | |
| Hip & Leg | Back & Arm | | | | | | | |
| Konoka.k | Yuna | | | | | | | |

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 ※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。