



pilates

pilates K オリナス錦糸町店 Lesson Schedule

更新日2024/8/22

2024/8/1~2024/8/15

Let's have fun with all pilates lovers♡

| | 8月1日(木) | 8月2日(金) | 8月3日(土) | 8月4日(日) | 8月5日(月) | 8月6日(火) | 8月7日(水) | 8月8日(木) | |
|-------|---|---|---|---------------------------------------|---------|---|------------------------------------|---|--|
| 10:30 | 10:30~11:30 Pilates Cardio Momo | 10:30~11:30 Basic ♪ Rinako.M | 10:30~11:30 Pilates Barre Lin | 10:30~11:30 Pilates Workout Lin | close | 10:30~11:30 Waist ♪ aina.K | 10:30~11:30 Basic ♪ aina.K | 10:30~11:30 Back&Spine Lin | |
| 12:00 | 12:00~13:00 Stretch&Conditioning ♪ mayuki.T | 12:00~13:00 Power up Control Momo | 12:00~13:00 Hip Punch Momo | 12:00~13:00 Basic ♪ Mahiro.J | | 12:00~13:00 Basic ♪ Rinako.M | 12:00~13:00 Jump to Burn Lin | 12:00~13:00 Basic ♪ Rinako.M | |
| 13:30 | 13:30~14:30 Reset Flow Momo | 13:30~14:30 Basic ♪ Rinako.M | 13:30~14:30 Body Balance Lin | 13:30~14:30 Waist ♪ aina.K | | 13:30~14:30 Release&Strength Momo | 13:30~14:30 Waist ♪ aina.K | 13:30~14:30 Pilates Barre Lin | |
| 15:00 | 15:00~16:00 Basic ♪ mayuki.T | | 15:00~16:00 Shape up Waist Momo | 15:00~16:00 Back&Arm ♪ Mahiro.J | | 15:00~16:00 Basic ♪ Rinako.M | | 15:00~16:00 Basic ♪ Rinako.M | 15:00~16:00 Basic ♪ Rinako.M |
| | | | 16:30~17:30 Basic ♪ Rinako.M | 16:30~17:30 Advance Lin | | | | | |
| 17:00 | | | 18:00~19:00 Stretch&Conditioning ♪ mayuki.T | 18:00~19:00 Basic ♪ Rinako.M | | | | | |
| 18:00 | 18:00~19:00 Jump to Burn Momo | 18:00~19:00 Basic ♪ mayuki.T | 19:30~20:30 Waist ♪ aina.K | | | 18:00~19:00 Stretch&Conditioning ♪ mayuki.T | | 18:00~19:00 Hip Punch Momo | 18:00~19:00 Hip&Leg ♪ Momo |
| 19:30 | 19:30~20:30 Pilates Barre Lin | 19:30~20:30 Waist ♪ aina.K | | | | 19:30~20:30 Pilates Cardio Momo | | 19:30~20:30 Basic ♪ mayuki.T | 19:30~20:30 Waist ♪ aina.K |
| 21:00 | 21:00~22:00 Waist ♪ aina.K | 21:00~22:00 Stretch&Conditioning ♪ mayuki.T | | | | 21:00~22:00 Shape up Waist Momo | | 21:00~22:00 Power up Control Momo | 21:00~22:00 Pilates Workout Momo |

| | 8月9日(金) | 8月10日(土) | 8月11日(日) | 8月12日(月) | 8月13日(火) | 8月14日(水) | 8月15日(木) | |
|-------|---------------------------------------|---|---------------------------------------|----------|---|-------------------------------------|---|---|
| 10:30 | 10:30~11:30 Basic ♪ Rinako.M | 10:30~11:30 Hip&Leg ♪ Makico.M | 10:30~11:30 Hip Punch Momo | close | 10:30~11:30 Basic ♪ mayuki.T | 10:30~11:30 Waist ♪ aina.K | 10:30~11:30 Basic ♪ mayuki.T | |
| 12:00 | 12:00~13:00 Advance Lin | 12:00~13:00 Stretch&Conditioning ♪ mayuki.T | 12:00~13:00 Basic ♪ mayuki.T | | 12:00~13:00 Waist ♪ aina.K | 12:00~13:00 Pilates Barre Lin | 12:00~13:00 Waist ♪ aina.K | |
| 13:30 | 13:30~14:30 Basic ♪ Rinako.M | 13:30~14:30 Reset Flow Makico.M | 13:30~14:30 Pilates Cardio Momo | | 13:30~14:30 Stretch&Conditioning ♪ mayuki.T | 13:30~14:30 Hip&Leg ♪ Lin | 13:30~14:30 Basic ♪ aina.K | |
| 15:00 | | 15:00~16:00 Basic ♪ Rinako.M | 15:00~16:00 Body Balance Lin | | 15:00~16:00 Pilates Workout Momo | | 15:00~16:00 Stretch&Conditioning ♪ mayuki.T | |
| | | 16:30~17:30 Hip&Leg ♪ Lin | 16:30~17:30 Basic ♪ mayuki.T | | | | | |
| 17:00 | | 18:00~19:00 Basic ♪ Rinako.M | 18:00~19:00 Waist ♪ Lin | | | | | |
| 18:00 | 18:00~19:00 Shape up Waist Momo | 19:30~20:30 Animal Stretch Lin | | | 18:00~19:00 Basic ♪ Rinako.M | | 18:00~19:00 Power up Control Momo | 18:00~19:00 Pilates Cardio Sazuki |
| 19:30 | 19:30~20:30 Hip&Leg ♪ Lin | | | | 19:30~20:30 Hip Punch Momo | | 19:30~20:30 Basic ♪ Rinako.M | 19:30~20:30 Advance Lin |
| 21:00 | 21:00~22:00 Animal Stretch Momo | | | | 21:00~22:00 Basic ♪ Rinako.M | | 21:00~22:00 Reset Flow Momo | 21:00~22:00 Waist ♪ Sazuki |

♪：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

pilates K オリナス錦糸町店 Lesson Schedule

2024/8/16~2024/8/31

| | 8月16日(金) | 8月17日(土) | 8月18日(日) | 8月19日(月) | 8月20日(火) | 8月21日(水) | 8月22日(木) | 8月23日(金) |
|-------|---|---------------------------------------|---|---------------------------------------|---|--|---|---|
| 10:30 | 10:30~11:30 Hip Punch Momo | 10:30~11:30 Basic ♪ Rinako.M | 10:30~11:30 Stretch&Conditioning ♪ mayuki.T | close | 10:30~11:30 Basic ♪ aina.K | 10:30~11:30 Body Balance Lin | 10:30~11:30 Pilates Workout Lin | 10:30~11:30 Jump to Burn Lin |
| 12:00 | 12:00~13:00 Animal Stretch Lin | 12:00~13:00 Reset Flow Momo | 12:00~13:00 Basic ♪ Rinako.M | | 12:00~13:00 Stretch&Conditioning ♪ mayuki.T | 12:00~13:00 Basic ♪ mayuki.T | 12:00~13:00 Hip&Leg ♪ Lin | 12:00~13:00 Release&Strength Momo |
| 13:30 | 13:30~14:30 Shape up Waist Momo | 13:30~14:30 Basic ♪ Rinako.M | 13:30~14:30 Power up Control Momo | | 13:30~14:30 Basic ♪ mayuki.T | 13:30~14:30 Jump to Burn Lin | 13:30~14:30 Basic ♪ mayuki.T | 13:30~14:30 Advance Lin |
| 15:00 | | 15:00~16:00 Pilates Cardio Momo | 15:00~16:00 Jump to Burn Lin | | 15:00~16:00 Waist ♪ aina.K | | 15:00~16:00 Stretch&Conditioning ♪ mayuki.T | |
| | | 16:30~17:30 Back&Spine Lin | 16:30~17:30 Basic ♪ mayuki.T | | | | | |
| 17:00 | | 18:00~19:00 Waist ♪ aina.K | 18:00~19:00 Advance Lin | | | | | |
| 18:00 | 18:00~19:00 Waist ♪ aina.K | 19:30~20:30 Pilates Barre Lin | | | 18:00~19:00 Reset Flow Momo | 18:00~19:00 Basic ♪ Rinako.M | 18:00~19:00 Jump to Burn Maaya | 18:00~19:00 Basic ♪ mayuki.T |
| 19:30 | 19:30~20:30 Basic ♪ mayuki.T | | | | 19:30~20:30 Basic ♪ Rinako.M | 19:30~20:30 Pilates Workout Momo | 19:30~20:30 Basic ♪ Rinako.M | 19:30~20:30 Body Balance una |
| 21:00 | 21:00~22:00 Stretch&Conditioning ♪ mayuki.T | | | 21:00~22:00 Pilates Cardio Momo | 21:00~22:00 Waist ♪ aina.K | 21:00~22:00 Pilates Barre Maaya | 21:00~22:00 Basic ♪ Rinako.M | |

| | 8月24日(土) | 8月25日(日) | 8月26日(月) | 8月27日(火) | 8月28日(水) | 8月29日(木) | 8月30日(金) | 8月31日(土) | |
|-------|---|------------------------------------|----------|--------------------------------------|---|---|---|---|-------------------------------------|
| 10:30 | 10:30~11:30 Shape up Waist Momo | 10:30~11:30 Basic ♪ Rinako.M | close | 10:30~11:30 Basic ♪ minority.T | 10:30~11:30 Basic ♪ mayuki.T | 10:30~11:30 Back&Spine Sazuki | 10:30~11:30 Pilates Cardio Momo | 10:30~11:30 Basic ♪ Rinako.M | |
| 12:00 | 12:00~13:00 Waist ♪ aina.K | 12:00~13:00 Hip Punch Momo | | 12:00~13:00 Hip&Leg ♪ una | 12:00~13:00 Body Balance una | 12:00~13:00 Stretch&Conditioning ♪ mayuki.T | 12:00~13:00 Basic ♪ mayuki.T | 12:00~13:00 Reset Flow Momo | |
| 13:30 | 13:30~14:30 Power up Control Momo | 13:30~14:30 Back&Arm ♪ Momo | | 13:30~14:30 Basic ♪ minority.T | 13:30~14:30 Stretch&Conditioning ♪ mayuki.T | 13:30~14:30 Pilates Workout Sazuki | 13:30~14:30 Shape up Waist Momo | 13:30~14:30 Hip Punch Momo | |
| 15:00 | 15:00~16:00 Basic ♪ aina.K | 15:00~16:00 Waist ♪ aina.K | | 15:00~16:00 Advance una | | 15:00~16:00 Basic ♪ mayuki.T | | 15:00~16:00 Basic ♪ aina | |
| | 16:30~17:30 Release&Strength Momo | 16:30~17:30 Reset Flow Momo | | | | | | 16:30~17:30 Hip&Leg ♪ 未確定 | |
| 17:00 | 18:00~19:00 Basic ♪ Rinako.M | 18:00~19:00 Basic ♪ Haruka.M | | | | | | 18:00~19:00 Stretch&Conditioning ♪ mayuki.T | |
| 18:00 | 19:30~20:30 Stretch&Conditioning ♪ mayuki.T | | | | 18:00~19:00 Basic ♪ Haruka.M | 18:00~19:00 Power up Control Momo | 18:00~19:00 Basic ♪ Rinako.M | 18:00~19:00 Hip&Leg ♪ Momo | 18:00~19:00 Jump to Burn Momo |
| 19:30 | | | | | 19:30~20:30 Body Balance una | 19:30~20:30 Basic ♪ Rinako.M | 19:30~20:30 Waist ♪ Haruka.M | 19:30~20:30 Basic ♪ Rinako.M | |
| 21:00 | | | | 21:00~22:00 Waist ♪ Haruka.M | 21:00~22:00 Animal Stretch Momo | 21:00~22:00 Basic ♪ Rinako.M | 21:00~22:00 Stretch&Conditioning ♪ mayuki.T | | |

♪: 体験可能レッスン

今月一緒にピラティスを楽しみましょう！

STUDIO INFO

☎専用ダイヤル：0570-050-055

受付時間：9:00~18:00

※上記受付時間外はお電話でのご予約は承っておりません。インターネットからのご予約をご利用下さい（24時間受付）