pilates K 前橋モ	:-n [11/01 ~	11/08	スケジュール			2025/11/04 更新
11/01	11/02	11/03	11/04	11/05	11/06	11/07	11/08
±	Ħ	月	火	*	木	±	±
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	Back & Arm		Pilates Barre	Hip & Leg		Basic	Shape up waist
Hitomi.a	Ayano.m		misaki.N	yukino.m		MIZUKI	misaki.N
12:30 ~ 13:30	12:30 ~ 13:30		12:30 ~ 13:30	12:30 ~ 13:30		12:30 ~ 13:30	12:30 ~ 13:30
Hip & Leg	Stretch & Conditioning		Basic	Back & Arm		Hip & Leg	Back & Arm
Ayano.m	maya.k		yukino.m	yukino.m		MIZUKI	maya.k
14:30 ~ 15:30	14:30 ~ 15:30						14:30 ~ 15:30
Back & Arm	Hip&Leg						Stretch & Conditioning
Hitomi.a	Ayano.m						maya.k
	16:30 ~ 17:30						
	Back & Arm				close		
	maya.k						
17:00 ~ 18:00							17:00 ~ 18:00
Basic		close	close	close		close	Waist
yuuka.s							misaki.N
ciose	close						close
Giodo			18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	0,000
			Back & Arm	Basic	Hip & Leg	Stretch & Conditioning	
			maya.k	yukino.m	yukino.m	maya.k	
			20:30 ~ 21:30	20:30 ~ 21:30	20:30 ~ 21:30	20:30 ~ 21:30	
			Stretch & Conditioning	Pilates Barre	Basic	Back & Arm	
			maya.k	MIZUKI	yukino.m	maya.k	

pilates K 前橋モ	-ル 【	11/09 ~	11/16	スケジュール			2025/11/04 更新		
11/09	11/10	11/11	11/12	11/13	11/14	11/15	11/16		
ш	月	火	水	*	±	±	Ħ		
10:30 ~ 11:30		10:30 ~ 11:30	10:30 ~ 11:30		10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30		
Hip & Leg		Hip & Leg	Basic		Hip & Leg	Back & Arm	Shape up waist		
yukino.m		yuuka.s	yuuka.s		Ayano.m	maya.k	misaki.N		
12:30 ~ 13:30		12:30 ~ 13:30	12:30 ~ 13:30		12:30 ~ 13:30	12:30 ~ 13:30	12:30 ~ 13:30		
Basic		Basic	Pilates Barre		Pilates Barre	Hip & Leg	Back & Arm		
yukino.m		yuuka.s	yukino.m		yukino.m	Ayano.m	Ayano.m		
14:30 ~ 15:30						14:30 ~ 15:30	14:30 ~ 15:30		
Back & Arm						Stretch & Conditioning	Waist		
maya.k						maya.k	misaki.N		
16:30 ~ 17:30							16:30 ~ 17:30		
Stretch & Conditioning				close			Pilates Barre		
maya.k							yukino.m		
	close	close	close		close	17:00 ~ 18:00 Hip & Leg Ayano.m			
olose							ciose		
		18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	close			
		Pilates Barre	Hip & Leg	Basic	Back & Arm				
		yukino.m	Ayano.m	yukino.m	maya.k				
		20:30 ~ 21:30	20:30 ~ 21:30	20:30 ~ 21:30	20:30 ~ 21:30	1			
		Back & Arm	Stretch & Conditioning	Waist	Basic				
		Ayano.m	maya.k	Satsuki.l	yuuka.s	I			

pilates K 前橋モ-	ール		ľ	11/1	7	~	11/2	24	1	スケ	ジュー	ール							2025/11/04	更新				
11/17		11/18			11/19			11/20			11/21			11/22			11/23		11/24					
Я		火			水			木			金			±			Ħ		月					
	10:30	~	11:30	10:30	~	11:30				10:30	~	11:30	10:30	~	11:30	10:30	~	11:30						
	Hip	&Leg		Stretch & Conditioning						Вас	k & Arm	1	Basic			Hip & Leg								
	,	Ayano.m	1		maya.k						yuuka.s			yuuka.s	s		Ayano.ı	n						
	12:30	~	13:30	12:30	~	13:30				12:30	~	13:30	12:30	~	13:30	12:30	~	13:30						
	E	Basic		Hip	&Leg					E	Basic		Ba	ck&An	m	Stretch &	Cond	itioning						
	,	/ukino.m	n	_ A	Ayano.m						maya.k			yukino.ı	m		maya.l							
													14:30	~	15:30	14:30	~	15:30						
												Hip & Leg			Back & Arm									
													yuuka.s	8		Ayano.ı	n							
																16:30	~	17:30						
							close										Basic							
													maya.k 17:00 ~ 18:00											
close		close	lose close						close			Pilates Barre						close						
													yukino.m											
														close			close							
	18:00	~	19:00	18:00	~	19:00	18:00	~	19:00	18:00	~	19:00		0.000										
	Stretch & Conditioning		ng Back & Arm			Basic			Waist															
		maya.k			maya.k			yuuka.s			misaki.N													
	20:30	~	21:30	20:30	~	21:30	20:30	~	21:30	20:30	~	21:30												
	Pilates Barre			В	Basic		Hip & Leg			Shape up waist														
	yuuka.s				yuuka.s		3	/ukino.m			misaki.N													

	K 前橋モ																11/25 ~			11/30			スケ		_ <i></i>			
11/2	-		11/26		11/27		11/28 ±				11/29 ±		11/30															
火 :30 ~		10:30	~	11:30		木		10:30	~	11:30	10:30	~	11:30	10:30	~	11:30												
Basi			p&Leg					Stretch &				&Leg			Basic	11.50												
may	ı.k	Ayano.m		Ayano.m			Ayano.m			Ayano.m						maya.k			yuuka.s			maya.k						
:30 ~	13:30	12:30	~	13:30	Ī			12:30	~	13:30	12:30	~	13:30	12:30		13:30												
Shape u	o waist	Back & Arm						E	Basic		Вас	k&Arı	m	Pil	ates B	arre												
misal	ti.N		yuuka.s	1					maya.k			maya.k			yukino.													
											14:30	~	15:30	14:30	~	15:30												
												Basic			Hip & Leg													
												yuuka.s	•	yuuka.s														
														16:30	~	17:30												
						close								Back & Arm														
														maya.k														
clos	e		close					close			17:00 ~ 18:00 Stretch & Conditioning																	
												maya.k																
												close			close													
:00 ~	19:00	18:00	~	19:00	18:00	~	19:00	18:00	~	19:00		CIUSO																
Pilates	Barre	Stretch &	,Condi	tioning	Pila	tes B	arre	Вас	k&Arr	n																		
yuuk			maya.k			ukino.ı		_	ukino.n	n																		
	21:30	20:30	~	21:30	20:30	~	21:30	20:30	~	21:30																		
					Stretch & Conditioning			Hip & Leg																				
	eg		Basic yukino.n			Condi			&Leg																			