pilates K 宮崎店			11/01	~	11/08			スケジュール								2025/11	/21	更新			
11/01		11/02		11/03		11/04		11/05		11/	06	11/07		11/08							
±				Ħ		月			火			水		*	;		金			±	
10:30	~	11:30	10:30	~	11:30			10:30	~	11:30	10:30	~	11:30			10:30	0 ~	11:30	10:30	~	11:30
Basic		jump to burn				Basic			Hip & Leg					Waist		Hip & Leg		l			
akari.K				Nazu.Y					akari.K			Nazu.Y					Noa.n	1		haruka.Y	1
12:00 ~ 13:00		13:00	12:30	~	13:30			12:00	~	13:00	12:30	~	13:30			12:00	0 ~	13:00	12:00	~	13:00
Back & Arm		Hip & Leg				Pilates Barre		rre	Stretch & Conditioning				Pilates Workout		Basic						
ha	aruka.Y	,	h	aruka.\	1				Nazu.Y		akari.K					Nazu.	Y		akari.K		
13:30	~	14:30	14:30	~	15:30			13:30	~	14:30			1		13:30	0 ~	14:30	13:30	~	14:30	
Body Balance		nce	Basic				Waist akari.K						Pilates Barre			Pilates Cardio		rdio			
Nazu.Y			Nazu.Y											Nazu.Y			haruka.Y		1		
15:00	~	16:00	16:30	~	17:30						1			clo	50				15:00	~	16:00
Waist		Pilates Cardio													Basic						
а	kari.K		haruka.Y							close								akari.K			
17:30	~	18:30				close			close								close		17:30	~	18:30
Le	g Line	es.																	'	Vaist	
ha	aruka.Y																			akari.K	
								18:00	~	19:00	18:00	~	19:00	18:00 ~	19:00	18:00	0 ~	19:00			
			close				Hip & Leg			Shape up waist			Basic		Hip & Leg						
							Noa.m			haruka.Y			Noa.m		Nazu.Y						
olose							19:30	~	20:30	19:30	~	20:30	19:30 ~	20:30	19:30	0 ~	20:30				
						Pilates Workout			Basic			Hip & Leg		Basic			close				
							Nazu.Y			Noa.m	m Noa.m akari.K			ζ.	]						
							21:00	~	22:00	21:00	~	22:00	21:00 ~ 22:00		21:00	0 ~	22:00				
								jump to burn			Waist		Pilates Cardio		Back & Arm						
									Noa.m			Noa.m		harul	ka.Y		akari.l	•			

pilates K 宮崎/	i [	11/09 ~	11/16	スケジュール			2025/11/21 更新	
11/09	11/10	11/11	11/12	11/13	11/14	11/15	11/16	
Ħ	月	火	*	*	<b>±</b>	土	П	
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		Basic	Hip & Leg		Waist	Pilates Barre	Pilates Workout	
akari.K		akari.K	Hikari		akari.K	Nazu.Y	Nazu.Y	
12:30 ~ 13:30		12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30	
Shape up waist		Pilates Cardio	Waist		Pilates Barre	Hip & Leg	Stretch & Conditioning	
haruka.Y		haruka.Y	akari.K		Nazu.Y	Nazu.Y	akari.K	
14:30 ~ 15:30		13:30 ~ 14:30			13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30	
Basic		Basic			Basic	Waist	Body Balance	
akari.K		akari.K		close	akari.K	akari.K	Nazu.Y	
16:30 ~ 17:30				Giose		15:00 ~ 16:00	16:30 ~ 17:30	
Leg Lines						jump to burn	Basic	
haruka.Y			close			Nazu.Y	akari.K	
	close	close			close	17:30 ~ 18:30 Basic		
						akari.K		
		18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	arai		
close		Waist		Stretch & Conditioning	Back & Arm		close	
		Hikari	akari.K	akari.K	Miu.N			
		19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30			
		Leg Lines	Back & Arm	Basic	Hip & Leg	close		
		haruka.Y	haruka.Y	akari.K	Nazu.Y			
		21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00			
		Stretch & Conditioning	Basic	Waist	Basic			
		Hikari	haruka.Y	akari.K	Miu.N			

pilates K 宮崎/i	<b>5</b> [	11/17 ~	11/24	スケジュール			2025/11/21 更新
11/17	11/18	11/19	11/20	11/21	11/22	11/23	11/24
Я	火	*	*	<b>±</b>	±	Ħ	月
10:30 ~ 11:30				10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30	
Shape up waist				Basic	Hip & Leg	Back & Arm	
Nazu.Y				Noa.m	Mizuki.O	Mizuki.O	
12:00 ~ 13:00				12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30	
Basic				jump to burn	Body Balance	Pilates Barre	
akari.K				Noa.m	Nazu.Y	Mizuki.O	
				13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30	
				Pilates Workout	jump to burn	Shape up waist	
			close	Nazu.Y	Mizuki.O	Nazu.Y	
			ciose		15:00 ~ 16:00	16:30 ~ 17:30	
					Waist	Pilates Workout	
close					Nazu.Y	Nazu.Y	
	close	close		close	17:30 ~ 18:30		close
					Back & Arm		
					Mizuki.O		
18:00 ~ 19:00			18:00 ~ 19:00	18:00 ~ 19:00			
Waist			Basic	Waist		close	
akari.K			akari.K	akari.K			
19:30 ~ 20:30			19:30 ~ 20:30	19:30 ~ 20:30			
Stretch & Conditioning			Waist	Pilates Barre	close		
akari.K			Noa.m	Nazu.Y			
21:00 ~ 22:00			21:00 ~ 22:00	21:00 ~ 22:00			
Hip & Leg			Back & Arm	Stretch & Conditioning			
Nazu.Y			akari.K	akari.K			

pilates K 宮崎店				ľ	11/2	25	~	11/3	30	1	スケ	ジュ・	ール				2025/11/	
	11/25			11/26		11/27			11/28				11/29			11/30		
火			*			*			<b>±</b>			±			目			
10:30	~	11:30	10:30	~	11:30				10:30	~	11:30	10:30	~	11:30	10:30	~	11:30	
Basic			Shap	Shape up waist						Pilates Barre			Back & Arm			jump to burn		
	akari.K			Nazu.Y						Nazu.Y			akari.K			Nazu.Y		
12:00	~	13:00	12:30 ~ 13:30						12:00	~	13:00	12:00	~	13:00	12:30	~	13:30	
Bac	Back & Arm			eg Lin	es				Waist			E	Basic			Hip & Leg		
	akari.K			naruka.	1				Nazu.Y				haruka.	Y	- 1	haruka.\	1	
13:30	~	14:30							13:30	~	14:30	13:30	~	14:30	14:30	~	15:30	
Вос	dy Bala	ince								Basic			Stretch & Conditioning			Pilates Barre		
	Nazu.Y						close		akari.K				akari.K			Nazu.Y		
							CIOSO					15:00	~	16:00	16:30	~	17:30	
												Hip & Leg			Pilates Cardio			
				close									haruka.Y			haruka.Y		
	close								close			17:30 ~ 18:30						
													~	18:30				
												Basic						
													akari.K					
18:00	~	19:00	18:00	~	19:00	18:00	~	19:00	18:00	~	19:00							
Sha	Shape up waist		Basic			Waist			Back & Arm							close		
	haruka.Y			akari.K		akari.K			akari.K		1							
19:30	~	20:30	19:30	~	20:30	19:30	~	20:30	19:30	~	20:30							
Hi	Hip & Leg		Pila	Pilates Cardio		Stretch & Conditioning		Basic				close						
	haruka.\		1	naruka.		akari.K			akari.K			1						
21:00	~	22:00	21:00	~	22:00	21:00	~	22:00	21:00	~	22:00							
jun	jump to burn		Вас	k&Arı	n	Pilates Barre			Pilates Workout									
	Nazu.Y			akari.K			Nazu.Y		Nazu.Y									