pilatesK 柏店		[12/01 ~	12/08	スケジュール		2025/11/16 更新
12/01	12/02	12/03	12/04	12/05	12/06	12/07	12/08
Я	火	*	*	±	±	ш	月
		10:30 ~ 11:30 Pilates Barre		10:30 ~ 11:30 Back & Arm	10:30 ~ 11:30 Hip & Leg	10:30 ~ 11:30 Release&Strength	
		ayu.S		Momoka.O	mei.o	ayu.S	
		12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30	
		Back & Arm		Waist spXmas	Basic	Back & Arm	
		Momoka.O		ayu.S	MOMOKA.I	Momoka.O	
				13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30	
				Release&Strength	Back & Arm	Pilates Barre	
			close	ayu.S	Momoka.O	ayu.S	
			0,000		15:00 ~ 16:00	16:30 ~ 17:30	
					Waist spXmas	Back & Arm	
		close			MOMOKA.I	Momoka.O	
close	close			close	close		close
					17:30 ~ 18:30		
					Hip & Leg		
					mei.o		
		18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00			
		Basic	Waist spXmas	Hip & Leg		close	
		JUKA.W	ayu.S	mei.o			
		19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30			
		Back & Arm	Hip & Leg	Pilates Barre	close		
		Momoka.O	mei.o	ayu.S			
		21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00			
		Release&Strength	Pilates Barre	Basic			
		JUKA.W	ayu.S	mei.o			

pilates	ĸ	柏店					ľ	12/0)9	~	12/1	6	1	スケ	ジュ-	ール						
	12/09			12/10		12/11			12/12			12/13			12/14			12/15			12/16	
	火			水			木		±			±			Ħ			月			火	
10:30 Bac	~ k & Sp		10:30 Bac	~ k&Arı	11:30 n			10:30 Hip	~ &Leg	11:30	10:30 Pre	~ Basic	11:30		~ k&Arr	11:30 n	10:30 Hi	~ ip&Leg		10:30 Wais	~ t spXm	11:30 nas
					_											_						
	Kanoka			omoka.					airi.m			Kanoka			omoka.			mei.o			иомок	
12:00	~	13:00	12:30	~	13:30			12:00	~	13:00	12:00	~	13:00	12:30	~	13:30	12:30	~	13:30	12:00	~	13:00
В	asic		Releas	se&Str	ength			В	Basic		Вас	k & Arm	1	Releas	se&Str	ength	Ba	ck & Ar	m	Bad	k&Arı	m
	mei.o			ayu.S					mei.o			mei.o		ayu.S			Momoka.O		N	Momoka.	.0	
13:30	~	14:30						13:30	~	14:30	13:30	~	14:30	14:30	~	15:30				13:30	~	14:30
Bod	y Bala	ince						jum	ıp to bu	rn	А	dvance	•	Bac	k & Arr	n				ı	Basic	
1	Kanoka						close		airi.m			Kanoka		М	omoka.	0				N	иомок	A. I
							Ciose				15:00	~	16:00	16:30	~	17:30						
											Hip	&Leg		Pila	ites Ba	arre						
				close								mei.o			ayu.S			close				
	close			UIUSU					close			close						Gloso			close	
											17:30	~	18:30	1								
												y Balaı										
												Kanoka										
18:00	~	19:00	18:00	~	19:00	18:00	~ 19:00	18:00	~	19:00							18:00	~	19:00	18:00	~	19:00
Pila	tes Ba	arre	Shap	e up v	waist	Release&Strength		Back & Arm					close			Pilates Barre		Hip & Leg				
	ayu.S			Kanoka ayu.S		Momoka.O							ayu.S		mei.o							
19:30	~	20:30	19:30	~	20:30	19:30	~ 20:30	19:30	~	20:30							19:30	~	20:30	19:30	~	20:30
Hip	&Leg		В	asic		Waist	spXmas	Le	eg Lines	s		close					Hi	ip&Leç	9	Bac	k&Arı	m
	mei.o			mei.o			ayu.S		Kanoka									mei.o		N	Momoka.	.0
21:00	~	22:00	21:00	~	22:00	21:00	~ 22:00	21:00	~	22:00	1						21:00	~	22:00	21:00	~	22:00
Waist	spXm	ıas	Le	eg Line	es	Baci	k&Arm	Bac	k&Arm	ı							Relea	ase&St	rength	I	Basic	
	ayu.S			Kanoka		M	omoka.O	м	omoka.O)								ayu.S			mei.o	

pilatesK 柏店			12/17 ~	12/24	スケジュール		2025/11/16 更新	
12/17	12/18	12/19	12/20	12/21	12/22	12/23	12/24	
*	木	±	±	Ħ	月	火	*	
10:30 ~ 11:30 Basic		10:30 ~ 11:30 Hip & Leg	10:30 ~ 11:30 Leg Lines	10:30 ~ 11:30 Stretch & Conditioning		10:30 ~ 11:30 Basic	10:30 ~ 11:30 Advance	
mei.o		mei.o	Kanoka	Ai.Y		ayu.s	Kanoka	
12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:30 ~ 13:30	
Pilates Barre		Back & Spine	Hip & Leg	Back & Arm		Hip & Leg	Waist	
ayu.s		Kanoka	airi.m	Momoka.O		mei.o	Momoka.O	
		13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30		13:30 ~ 14:30		
		Basic	Body Balance	Shape up waist		Shape up waist		
	close	mei.o	Kanoka	Ai.Y		ayu.s		
	uiose		15:00 ~ 16:00 Waist spXmas	16:30 ~ 17:30 Back & Arm				
			airi.m	Momoka.O				
olose		close	close 17:30 ~ 18:30 Pre Basic		close	close	close	
			Kanoka					
18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	Капока			18:00 ~ 19:00	18:00 ~ 19:00	
Leg Lines	Basic	Shape up waist		close		Back & Arm	Pilates Barre	
Kanoka	mei.o	Kanoka				Momoka.O	ayu.s	
~	19:30 ~ 20:30	19:30 ~ 20:30				19:30 ~ 20:30	19:30 ~ 20:30	
Waist spXmas	Back & Arm	Pre Basic	close			Release&Strength	Basic	
ayu.s	Momoka.O	Kanoka				mei.o	mei.o	
21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00				21:00 ~ 22:00	21:00 ~ 22:00	
Advance	Hip & Leg	Back & Arm				Waist	Shape up waist	
Kanoka	mei.o	Momoka.O				Momoka.O	ayu.s	

Back & Arm Momoka.0 12:00 ~ : jump to bur airi.m	13:00 urn 14:30	12:00 Bac N 13:30 Hip 15:00 Shap	ok & Ar Momoka ~ p & Leg mei.o	11:30 arre 13:00 m 14:30 g 16:00 waist	12:30 14:30 Relea 16:30	Kanoka Kanoka Sasic ayu.s se&Stu	11:30 ance 13:30 15:30 rength 17:30 mm	月	12/30 火	12/31 **
10:30 ~ : Back&Arm Momoka.0 12:00 ~ : jump to bur airi.m 13:30 ~ : Waist Momoka.0 close	13:00 urn 14:30	12:00 Bac M 13:30 Hip 15:00 Shap	ates B ayu.s ck & Ar Momoka p & Leg mei.o	13:00 mm 14:30 g 16:00 waist	12:30 14:30 Relea 16:30	Ady Bala Kanoka ABasic ayu.s Cayu.s mei.o	13:30 15:30 rength	Я	火	*
Back & Arm Momoka.0 12:00 ~ : jump to bur airi.m 13:30 ~ : Waist Momoka.0	13:00 urn 14:30	12:00 Bac M 13:30 Hip 15:00 Shap	ates B ayu.s ck & Ar Momoka p & Leg mei.o pe up	13:00 mm 14:30 g 16:00 waist	12:30 14:30 Relea 16:30	Kanoka Rasic ayu.s se&Str mei.o k&Arr	13:30 15:30 rength			
Momoka.0 12:00	13:00 urn 14:30	12:00 Bac N 13:30 Hip 15:00 Shap	ayu.s ck & Ar flomoka p & Leg mei.o	13:00 m 14:30 g 16:00 waist	12:30 I 14:30 Relea 16:30	Kanoka A Basic ayu.s se&Str mei.o ck&Arr	13:30 15:30 rength			
12:00 ~ : jump to bur airi.m 13:30 ~ : Waist Momoka.0 close	13:00 urn 14:30	13:30 Hip 15:00 Shap	ck & Ar Momoka	13:00 m 10.0 14:30 g 16:00 waist	12:30 I 14:30 Relea 16:30	ayu.s ayu.s se&Str	13:30 15:30 rength 17:30			
jump to bur airl.m 13:30 ~ : Waist Momoka.0	urn 14:30	13:30 Hip 15:00 Shap	p&Les	14:30 g 16:00 waist	14:30 Relea 16:30	ayu.s ayu.s se&Str mei.o k & Arr	15:30 rength 17:30 m			
alri.m 13:30 ~ : Waist Momoka.O close	14:30	13:30 Hip 15:00 Shap	nomoka p & Leg mei.o	14:30 g 16:00 waist	14:30 Relea 16:30	ayu.s ~ se&Str	17:30			
olose 13:30 ~ : Waist Momoka.0 close		13:30 Hip 15:00 Shap	p&Leg	14:30 g 16:00 waist	Relea 16:30 Bac	mei.o	17:30			
close Waist Momoka.0 close		15:00 Sha	mei.o	16:00 waist	Relea 16:30 Bac	mei.o	17:30			
close close 18:00 ~ 19:00 18:00 ~ :	0	15:00 Sha	mei.o	16:00 waist	16:30 Bac	mei.o ~ :k&Ari	17:30 m			
close close	0	Sha	~ pe up	16:00 waist	Вас	~ k&Arı	17:30 m			
18:00 ~ 19:00 18:00 ~ :		Sha	pe up	waist	Вас	k&Arı	m			
18:00 ~ 19:00 18:00 ~ :										
18:00 ~ 19:00 18:00 ~ 1			ayu.s		N	lomoka	.0			
18:00 ~ 19:00 18:00 ~ 1										
			close	2				close	close	close
	İ	17:30	~	18:30	1					
		Relea	ıse&St	rength						
			mei.o							
Hip & Leg Basic	19:00									
						close				
mei.o mei.o		1								
19:30 ~ 20:30 19:30 ~ 2	20:30									
jump to burn Back & Spin	ine		close							
airi.m Kanoka										
21:00 ~ 22:00 21:00 ~ 2	22:00									
Basic Release&Strer										
mei.o mei.o					1			I .		