

pilatesK MEGAドン・キホーテUNY福井		【 01/01 ~ 01/08 】				スケジュール		2025/12/14 更新	
01/01	01/02	01/03	01/04	01/05	01/06	01/07	01/08		
木	金	土	日	月	火	水	木		
close	close	close	10:30 ~ 11:30	10:30 ~ 11:30	Back & Arm	Hip & Leg	10:30 ~ 11:30	10:30 ~ 11:30	jump to burn
			haruka.T	Kyoka.M			Kyoka.M	Kyoka.M	
			12:00 ~ 13:00	12:30 ~ 13:30	jump to burn	Stretch & Conditioning	12:00 ~ 13:00	12:30 ~ 13:30	
			Kyoka.M	haruka.T			Waist	Stretch & Conditioning	
			13:30 ~ 14:30	14:30 ~ 15:30	Stretch & Conditioning	Basic	13:30 ~ 14:30	Hip & Leg	
			haruka.T	Kyoka.M			Kyoka.M		
			15:00 ~ 16:00	16:30 ~ 17:30	Basic	Waist	13:30 ~ 14:30		
			Kyoka.M	haruka.T			Kyoka.M		
			17:30 ~ 18:30	close	close	close	close	close	close
			Waist	haruka.T					
close	close	close	18:00 ~ 19:00	18:00 ~ 19:00	Back & Arm	Basic	18:00 ~ 19:00	18:00 ~ 19:00	Stretch & Conditioning
			haruka.T	Noa.M			Noa.M	haruka.T	
			19:30 ~ 20:30	19:30 ~ 20:30	Stretch & Conditioning	Back & Arm	19:30 ~ 20:30	Waist	
			haruka.T	haruka.T			haruka.T	haruka.T	
			21:00 ~ 22:00	21:00 ~ 22:00	Waist	Basic	21:00 ~ 22:00	21:00 ~ 22:00	jump to burn
			haruka.T	Noa.M			Noa.M	Kyoka.M	
			10:30 ~ 11:30	10:30 ~ 11:30	Back & Arm	Stretch & Conditioning	10:30 ~ 11:30	Hip & Leg	
			Noa.M	haruka.T				Noa.M	
			12:00 ~ 13:00	12:30 ~ 13:30	Basic	Hip & Leg	12:00 ~ 13:00	Basic	
			Kyoka.M	Saki			Saki		
close	close	close	13:30 ~ 14:30	13:30 ~ 14:30	Back & Arm	Basic	13:30 ~ 14:30	Body Balance	
			Noa.M	Noa.M			Noa.M		
			15:00 ~ 16:00	16:30 ~ 17:30	Hip & Leg	Back & Arm	15:00 ~ 16:00	Waist	
			Noa.M	haruka.T			haruka.T	haruka.T	
			17:30 ~ 18:30	close	close	close	close	close	close
			Basic	Noa.M					
			18:00 ~ 19:00	close	close	close	close	close	close
			Basic	jump to burn	Waist	Basic	18:00 ~ 19:00	Waist	
			Noa.M	Kyoka.M	haruka.T	Noa.M	18:00 ~ 19:00	haruka.T	
			19:30 ~ 20:30	19:30 ~ 20:30	Hip & Leg	Basic	19:30 ~ 20:30	Back & Arm	Basic
close	close	close	Saki	Kyoka.M			Saki	Noa.M	
			21:00 ~ 22:00	21:00 ~ 22:00	Basic	Back & Arm	21:00 ~ 22:00	Body Balance	Stretch & Conditioning
			Noa.M	haruka.T			haruka.T	Noa.M	
			10:30 ~ 11:30	10:30 ~ 11:30	Back & Arm	Stretch & Conditioning	10:30 ~ 11:30	Hip & Leg	
			Noa.M	haruka.T			haruka.T	Noa.M	
			12:00 ~ 13:00	12:30 ~ 13:30	Basic	Hip & Leg	12:00 ~ 13:00	Basic	
			Kyoka.M	Saki			Saki		
			13:30 ~ 14:30	13:30 ~ 14:30	Back & Arm	Basic	13:30 ~ 14:30	Body Balance	
			Noa.M	Noa.M			Noa.M		
			15:00 ~ 16:00	16:30 ~ 17:30	Hip & Leg	Back & Arm	15:00 ~ 16:00	Waist	
close	close	close	Noa.M	haruka.T			haruka.T	haruka.T	
			17:30 ~ 18:30	close	close	close	close	close	close
			Basic	Noa.M					
			18:00 ~ 19:00	close	close	close	close	close	close
			Basic	jump to burn	Waist	Basic	18:00 ~ 19:00	Waist	
			Noa.M	Kyoka.M	haruka.T	Noa.M	18:00 ~ 19:00	haruka.T	
			19:30 ~ 20:30	19:30 ~ 20:30	Hip & Leg	Basic	19:30 ~ 20:30	Back & Arm	Basic
			Saki	Kyoka.M			Saki	Noa.M	
			21:00 ~ 22:00	21:00 ~ 22:00	Basic	Back & Arm	21:00 ~ 22:00	Body Balance	Stretch & Conditioning
			Noa.M	haruka.T			haruka.T	Noa.M	

pilatesK MEGAドン・キホーテUNY福井		【 01/09 ~ 01/16 】				スケジュール			
01/09	01/10	01/11	01/12	01/13	01/14	01/15	01/16		
金	土	日	月	火	水	木	金		
close	close	close	10:30 ~ 11:30	10:30 ~ 11:30	Basic	10:30 ~ 11:30	10:30 ~ 11:30	Hip & Leg	
			Waist	Stretch & Conditioning	Basic	Noa.M	haruka.T	Basic	
			haruka.T	haruka.T	Noa.M			Noa.M	
			12:00 ~ 13:00	12:00 ~ 13:00	Back & Arm	12:00 ~ 13:00	12:30 ~ 13:30	Basic	
			Back & Arm	Basic	Back & Arm	Basic	Hip & Leg	Basic	
			haruka.T	Noa.M	haruka.T	Noa.M	Saki	Saki	
			13:30 ~ 14:30	13:30 ~ 14:30	Basic	13:30 ~ 14:30	13:30 ~ 14:30	Body Balance	
			Waist	Basic	Back & Arm	Noa.M	Noa.M		
			haruka.T	Noa.M	Saki				
			15:00 ~ 16:00	16:30 ~ 17:30	Hip & Leg	15:00 ~ 16:00	16:30 ~ 17:30	Waist	
close	close	close	Noa.M	Back & Arm	Noa.M	15:00 ~ 16:00	15:00 ~ 16:00	Basic	
			17:30 ~ 18:30	close	close	close	close	Waist	
			Basic	Noa.M					
			18:00 ~ 19:00	close	close	close	close	Basic	
			Basic	jump to burn	Waist	18:00 ~ 19:00	18:00 ~ 19:00	Basic	
			Noa.M	Kyoka.M	haruka.T	Noa.M	18:00 ~ 19:00	haruka.T	
			19:30 ~ 20:30	19:30 ~ 20:30	Hip & Leg	19:30 ~ 20:30	19:30 ~ 20:30	Back & Arm	Basic
			Saki	Kyoka.M			Saki	Noa.M	
			21:00 ~ 22:00	21:00 ~ 22:00	Basic	21:00 ~ 22:00	21:00 ~ 22:00	Body Balance	Stretch & Conditioning
			Noa.M	haruka.T	Saki	haruka.T	Noa.M	haruka.T	
close	close	close	10:30 ~ 11:30	10:30 ~ 11:30	Back & Arm	10:30 ~ 11:30	10:30 ~ 11:30	Hip & Leg	
			Noa.M	Stretch & Conditioning	Noa.M	haruka.T	Noa.M	Basic	
			12:00 ~ 13:00	12:00 ~ 13:00	Basic	12:00 ~ 13:00	12:30 ~ 13:30	Basic	
			Back & Arm	Basic	Back & Arm	Basic	Hip & Leg	Basic	
			haruka.T	Noa.M	haruka.T	Noa.M	Saki	Saki	
			13:30 ~ 14:30	13:30 ~ 14:30	Basic	13:30 ~ 14:30	13:30 ~ 14:30	Body Balance	
			Waist	Basic	Back & Arm	Noa.M	Noa.M		
			haruka.T	Noa.M	Saki	haruka.T	Noa.M		
			15:00 ~ 16:00	16:30 ~ 17:30	Hip & Leg	15:00 ~ 16:00	16:30 ~ 17:30	Waist	
			Noa.M	Back & Arm	Noa.M	15:00 ~ 16:00	15:00 ~ 16:00	Basic	
close	close	close	17:30 ~ 18:30	close	close	close	close	Basic	
			Basic	Noa.M				Waist	
			18:00 ~ 19:00	close	close	close	close	Basic	
			Basic	jump to burn	Waist	18:00 ~ 19:00	18:00 ~ 19:00	Basic	
			Noa.M	Kyoka.M	haruka.T	Noa.M	18:00 ~ 19:00	haruka.T	
			19:30 ~ 20:30	19:30 ~ 20:30	Hip & Leg	19:30 ~ 20:30	19:30 ~ 20:30	Back & Arm	Basic
			Saki	Kyoka.M			Saki	Noa.M	
			21:00 ~ 22:00	21:00 ~ 22:00	Basic	21:00 ~ 22:00	21:00 ~ 22:00	Body Balance	Stretch & Conditioning
			Noa.M	haruka.T	Saki	haruka.T	Noa.M	haruka.T	
			10:30 ~ 11:30	10:30 ~ 11:30	Back & Arm	10:30 ~ 11:30	10:30 ~ 11:30	Hip & Leg	
close	close	close	Noa.M	Stretch & Conditioning	Noa.M	haruka.T	Noa.M	Basic	
			12:00 ~ 13:00	12:00 ~ 13:00	Basic	12:00 ~ 13:00	12:30 ~ 13:30	Basic	
			Back & Arm	Basic	Back & Arm	Basic	Hip & Leg	Basic	
			haruka.T	Noa.M	haruka.T	Noa.M	Saki	Saki	
			13:30 ~ 14:30	13:30 ~ 14:30	Basic	13:30 ~ 14:30	13:30 ~ 14:30	Body Balance	
			Waist	Basic	Back & Arm	Noa.M	Noa.M		
			haruka.T	Noa.M	Saki	haruka.T	Noa.M		
			15:00 ~ 16:00	16:30 ~ 17:30	Hip & Leg	15:00 ~ 16:00	16:30 ~ 17:30	Waist	
			Noa.M	Back & Arm	Noa.M	15:00 ~ 16:00	15:00 ~ 16:00	Basic	
			17:30 ~ 18:30	close	close	close	close	Basic	
close	close	close	Basic	Noa.M				Waist	
			18:00 ~ 19:00	close	close	close	close	Basic	
			Basic	jump to burn	Waist	18:00 ~ 19:00	18:00 ~ 19:00	Basic	
			Noa.M	Kyoka.M	haruka.T	Noa.M	18:00 ~ 19:00	haruka.T	
			19:30 ~ 20:30	19:30 ~ 20:30	Hip & Leg	19:30 ~ 20:30	19:30 ~ 20:30	Back & Arm	Basic
			Saki	Kyoka.M					

pilatesK MEGAドン・キホーテUNY福井		【 01/17 ~ 01/24 】 スケジュール				2025/12/14 更新	
01/17	01/18	01/19	01/20	01/21	01/22	01/23	01/24
土	日	月	火	水	木	金	土
10:30 ~ 11:30	10:30 ~ 11:30		10:30 ~ 11:30	10:30 ~ 11:30		10:30 ~ 11:30	10:30 ~ 11:30
Basic 🌸	Waist 🌸		Basic 🌸	Hip & Leg 🌸		Basic 🌸	Waist 🌸
Saki	Kyoka.M		Kyoka.M	Mei		Noa.M	Kyoka.M
12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00		12:00 ~ 13:00	12:00 ~ 13:00
Hip & Leg 🌸	Basic 🌸		Hip & Leg 🌸	jump to burn		Waist 🌸	Basic 🌸
Kyoka.M	未確定		Mei	Kyoka.M		haruka.T	未確定
13:30 ~ 14:30	14:30 ~ 15:30		13:30 ~ 14:30	13:30 ~ 14:30		13:30 ~ 14:30	13:30 ~ 14:30
Basic 🌸	Hip & Leg 🌸		Stretch & Conditioning 🌸	Basic 🌸		Body Balance	jump to burn
Noa.M	Kyoka.M		Kyoka.M	Mei		Noa.M	Kyoka.M
15:00 ~ 16:00	16:30 ~ 17:30		15:00 ~ 16:00	15:00 ~ 16:00		15:00 ~ 16:00	15:00 ~ 16:00
jump to burn	Basic 🌸		Basic 🌸	Waist 🌸		Basic 🌸	未確定
Kyoka.M	未確定		Mei	Kyoka.M			
close		close	Waist 🌸	Basic 🌸		close	close
17:30 ~ 18:30	Body Balance		Kyoka.M	Mei		17:30 ~ 18:30	Waist 🌸
Noa.M			Mei	Kyoka.M			Kyoka.M
close	close	close	close	close	close	18:00 ~ 19:00	18:00 ~ 19:00
						Back & Arm 🌸	Stretch & Conditioning 🌸
						haruka.T	kanako
						19:30 ~ 20:30	19:30 ~ 20:30
						Waist 🌸	Back & Arm 🌸
						haruka.T	Noa.M
						21:00 ~ 22:00	21:00 ~ 22:00
						Stretch & Conditioning 🌸	Basic 🌸
						kanako	Noa.M

pilatesK MEGAドン・キホーテUNY福井		【 01/25 ~ 01/31 】				スケジュール	
01/25	01/26	01/27	01/28	01/29	01/30	01/31	
日	月	火	水	木	金	土	
10:30 ~ 11:30		10:30 ~ 11:30	10:30 ~ 11:30		10:30 ~ 11:30	10:30 ~ 11:30	
Body Balance		Stretch & Conditioning	Back & Arm		jump to burn	Basic	
Noa.M		haruka.T	Noa.M		Kyoka.M	Kyoka.M	
12:30 ~ 13:30		12:00 ~ 13:00	12:30 ~ 13:30		12:30 ~ 13:30	12:00 ~ 13:00	
Hip & Leg		Basic	Hip & Leg		Basic	Hip & Leg	
Kyoka.M		未確定	Noa.M		未確定	Noa.M	
14:30 ~ 15:30		13:30 ~ 14:30				13:30 ~ 14:30	
Basic		Waist				jump to burn	
Noa.M		haruka.T				Kyoka.M	
16:30 ~ 17:30						15:00 ~ 16:00	
jump to burn						Back & Arm	
Kyoka.M						Noa.M	
close		close		close		close	
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close							

■：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。
- ご予約されただけでキャンセルされる場合は、1時間前まで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2回以上で、翌月の予約可能回数が0回に限界されます。