| esK MEGA | ドン・キホーテUN        | Y福井   |           | [               | 12       | /01       | ~     | 12/0       | 8          | ]      | スケ        | ジュ          | ール           |       |             |            | 2025/11/29 |
|----------|------------------|-------|-----------|-----------------|----------|-----------|-------|------------|------------|--------|-----------|-------------|--------------|-------|-------------|------------|------------|
| 12/01    | 12/0             | 2     |           |                 | 12/04    |           | 12/05 |            |            |        | 12/06     |             | 12/07        |       |             | 12/08      |            |
| 月        | 火                |       |           | 水               |          | 木         |       |            | 金          |        |           | ±           |              |       | Ħ           |            | 月          |
|          | 10:30 ~<br>Basic |       |           | ~ 11:3<br>k&Arm | 80       |           |       | 10:30<br>B | ~<br>Basic | 11:30  |           | ∼<br>t spXr | 11:30<br>nas |       | ~<br>ip&Leg | 11:30<br>g |            |
|          | Noa.I            | vi    |           | Sachi           |          |           |       | P          | Cyoka.M    |        | ,         | haruka.     | т            |       | Noa.M       |            |            |
|          | 12:00 ~          | 13:00 | 12:30     | ~ 13:3          | 80       |           |       | 12:00      | -          |        | 12:00     | ~           | 13:00        | 12:30 | ~           | 13:30      |            |
|          | Body Ba          | lance | В         | Basic           |          |           |       | Bod        | y Balan    | nce    | Hip       | p&Le        | 9            |       | Basic       |            |            |
|          | Sach             | i     |           | Noa.M           |          |           |       |            | Sachi      |        | r         | Kyoka.      | М            |       | Kyoka.I     | М          |            |
|          | 13:30 ~          | 14:30 |           |                 |          |           |       | 13:30      | ~          | 14:30  | 13:30     | ~           | 14:30        | 14:30 | ~           | 15:30      |            |
|          | Hip&Le           | ·g    |           |                 |          |           |       | Waist      | spXma      | as     | Stretch & | Cond        | itioning     | Ba    | ck&Ar       | m          |            |
|          | Noa.I            | vi    | 1         |                 |          |           |       | P          | Cyoka.M    |        | 1         | haruka.     | т            |       | Noa.M       | 1          |            |
|          |                  |       | 1         |                 |          | close     |       |            |            |        | 15:00     | ~           | 16:00        | 16:30 | ~           | 17:30      |            |
|          |                  |       |           |                 |          |           |       |            |            |        | E         | Basic       |              | Wais  | st spXn     | nas        |            |
|          |                  |       |           | close           |          |           |       |            |            |        |           | Kyoka.      | М            |       | Kyoka.I     | М          |            |
| close    | close            | ,     |           |                 |          |           |       |            | close      |        |           | close       |              |       |             |            | close      |
|          |                  |       |           |                 |          |           |       |            |            |        | 17:30     | ~           | 18:30        |       |             |            |            |
|          |                  |       |           |                 |          |           |       |            |            |        | Вас       | k&Ar        | m            |       |             |            |            |
|          |                  |       |           |                 |          |           |       |            |            |        | ŀ         | haruka.     | т            |       |             |            |            |
|          | 18:00 ~          | 19:00 | 18:00     | ~ 19:0          | 00 18:00 | ) ~       | 19:00 | 18:00      | ~          | 19:00  |           |             |              |       |             |            |            |
|          | Back & A         | rm    | Stretch & | .Conditioning   | y Wa     | ist spXm  | nas   | Bacl       | k & Arm    | 1      |           |             |              |       | close       |            |            |
|          | Kyoka            | .м    | h         | haruka.T        |          | haruka.   | т     | h          | aruka.T    |        |           |             |              |       |             |            |            |
|          | 19:30 ~          | 20:30 | 19:30     | ~ 20:3          | 19:30    | ) ~       | 20:30 | 19:30      | ~          | 20:30  |           |             |              |       |             |            |            |
|          | Waist spX        | mas   | Hip       | &Leg            | В        | ack & Arı | m     | В          | Basic      |        |           | close       |              |       |             |            |            |
|          | haruka           | uТ    | н         | Kyoka.M         |          | Noa.M     | 1     |            | Noa.M      |        |           |             |              |       |             |            |            |
|          | 21:00 ~          | 22:00 | 21:00     | ~ 22:0          | 0 21:00  | 0 ~       | 22:00 | 21:00      | ~          | 22:00  |           |             |              |       |             |            |            |
|          |                  |       | 4         |                 |          |           |       |            |            |        | 4         |             |              | I     |             |            |            |
|          | Basic            |       | Waist     | t spXmas        |          | Basic     |       | Stretch &  | Conditi    | ioning |           |             |              |       |             |            |            |

| pilates   | sК      | MEGAF:  | ン・キホー     | テリハソ     | 福井      |       |          | ľ     | 12/0  | 09       | ~     | 12/   | 16      | 1     | スク        | ジュ・     | ール      |       |           |         |         |
|-----------|---------|---------|-----------|----------|---------|-------|----------|-------|-------|----------|-------|-------|---------|-------|-----------|---------|---------|-------|-----------|---------|---------|
|           | 12/09   |         |           | 12/10    |         |       | 12/11    |       |       | 12/12    |       |       | 12/13   |       |           | 12/14   |         | 12/15 |           | 12/16   |         |
|           | 火       |         |           | 水        |         |       | 木        |       |       | 金        |       |       | ±       |       |           | Ħ       |         | 月     |           | 火       |         |
| 10:30     | ~       | 11:30   | 10:30     | ~        | 11:30   |       |          |       | 10:30 | ~        | 11:30 | 10:30 | ~       | 11:30 | 10:30     | ~       | 11:30   |       | 10:30     | ~       | 11:30   |
| Stretch & | Condi   | tioning | - 1       | Basic    |         |       |          |       | Bac   | k & Arn  | n     | Во    | dy Bala | nce   | Wais      | t spXn  | nas     |       | Во        | dy Bala | nce     |
|           | Sachi   |         |           | Noa.M    |         |       |          |       |       | Sachi    |       |       | Noa.M   |       |           | Sachi   |         |       |           | Sachi   |         |
| 12:00     | ~       | 13:00   | 12:30     | ~        | 13:30   |       |          |       | 12:00 | ~        | 13:00 | 12:00 | ~       | 13:00 | 12:30     | ~       | 13:30   |       | 12:00     | ~       | 13:00   |
| Bac       | k & Arr | n       | Stretch & | Condi    | tioning |       |          |       | Wais  | t spXm   | as    |       | Basic   |       | Bac       | ck&Ar   | m       |       | Stretch & | Condi   | tioning |
| ŀ         | (yoka.N |         |           | haruka.1 | г       |       |          |       | - 1   | haruka.T |       |       | Kyoka.M |       |           | haruka. | Т       |       |           | kanako  |         |
| 13:30     | ~       | 14:30   |           |          |         | [     |          |       | 13:30 | ~        | 14:30 | 13:30 | ~       | 14:30 | 14:30     | ~       | 15:30   |       | 13:30     | ~       | 14:30   |
| Е         | Basic   |         |           |          |         |       |          |       | E     | Basic    |       | Hi    | p&Leg   |       |           | Basic   |         |       | Wais      | t spXm  | as      |
|           | Sachi   |         |           |          |         |       | close    |       |       | Sachi    |       |       | Noa.M   |       |           | Sachi   |         |       |           | Sachi   |         |
|           |         |         |           |          |         |       | CIOSE    |       |       |          |       | 15:00 | ~       | 16:00 | 16:30     | ~       | 17:30   |       |           |         |         |
|           |         |         |           |          |         |       |          |       |       |          |       | Wais  | t spXm  | as    | Stretch & | Condi   | tioning |       |           |         |         |
|           |         |         |           | close    |         |       |          |       |       |          |       |       | Kyoka.M |       |           | haruka. | Т       |       |           |         |         |
|           | close   |         |           |          |         |       |          |       |       | close    |       | 17:30 | close   | 18:30 |           |         |         | close |           | close   |         |
|           |         |         |           |          |         |       |          |       |       |          |       |       | Basic   |       |           |         |         |       |           |         |         |
|           |         |         |           |          |         |       |          |       |       |          |       |       | Noa.M   |       |           |         |         |       |           |         |         |
| 18:00     | ~       | 19:00   | 18:00     | ~        | 19:00   | 18:00 | ~        | 19:00 | 18:00 | ~        | 19:00 |       |         |       |           |         |         |       | 18:00     | ~       | 19:00   |
| Е         | Basic   |         | Wais      | t spXm   | nas     | E     | Basic    |       | Hij   | p&Leg    |       |       |         |       |           | close   |         |       | Hi        | p&Leg   |         |
|           | Noa.M   |         |           | Kyoka.N  |         |       | Kyoka.M  |       |       | Kyoka.M  |       |       |         |       |           |         |         |       |           | Sachi   |         |
| 19:30     | ~       | 20:30   | 19:30     | ~        | 20:30   | 19:30 | ~        | 20:30 | 19:30 | ~        | 20:30 |       |         |       |           |         |         |       | 19:30     | ~       | 20:30   |
| Bod       | y Bala  | nce     | ı         | Basic    |         | Hip   | p&Leg    |       | Вос   | dy Bala  | nce   |       | close   |       |           |         |         |       |           | Basic   |         |
|           | Sachi   |         |           | Sachi    |         |       | Kyoka.M  |       |       | Noa.M    |       |       |         |       |           |         |         |       |           | Noa.M   |         |
| 21:00     | ~       | 22:00   | 21:00     | ~        | 22:00   | 21:00 | ~        | 22:00 | 21:00 | ~        | 22:00 |       |         |       |           |         |         |       | 21:00     | ~       | 22:00   |
| Hip       | &Leg    |         | Bac       | k&An     | n       | Wais  | t spXma  | as    | E     | Basic    |       |       |         |       |           |         |         |       | Bac       | k&Arı   | n       |
|           | Noa.M   |         |           | Kyoka.N  | Л       | '     | haruka.T |       |       | Kyoka.M  | l     |       |         |       |           |         |         |       |           | Noa.M   |         |

<sup>:・</sup>体験可能レッスン
・・ウラスの圏別な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さいます。詳細は WEBサイトをご確認ください。
・・ウラスの圏別なよびインストラクターは予告なし、「時間前弦にお願いしております。
・・フスンを書かってのキャンセルは時間がチャンセルとなります。
※映画がキャンセルが月 2回以上で、翌月の予約可能回数が「回に制設されます。

| pilate | sK      | MEGAドン | <b>ノ・キホー</b> | テUNY福井   |           | ľ            | 12/       | 17       | ~      | 12/2  | 4       | 1     | スケジュール |           |         |          | 2025/1    | 1/29     | 更新      |
|--------|---------|--------|--------------|----------|-----------|--------------|-----------|----------|--------|-------|---------|-------|--------|-----------|---------|----------|-----------|----------|---------|
|        | 12/17   |        |              | 12/18    |           | 12/19        |           | 12/20    |        |       | 12/21   |       | 12/22  |           | 12/23   | 1        |           | 12/24    |         |
|        | 水       |        |              | 木        |           | <b>±</b>     |           | ±        |        |       | Ħ       |       | 月      |           | 火       |          |           | 水        |         |
| 10:30  | ~       | 11:30  |              |          | 10:30     | ~ 11:30      | 10:30     | ~        | 11:30  | 10:30 | ~       | 11:30 |        | 10:30     | ~       | 11:30    | 10:30     | ~        | 11:30   |
| Вас    | k & Arn | 1      |              |          | Вос       | dy Balance   | Wais      | t spXm   | as     | Baci  | «&Arm   | 1     |        | Hi        | ip & Le | g        | -         | Basic    |         |
| ŀ      | aruka.T |        |              |          |           | Sachi        |           | haruka.T |        | P     | yoka.M  |       |        |           | Noa.M   | ı        |           | Noa.M    |         |
| 12:30  | ~       | 13:30  |              |          | 12:00     | ~ 13:00      | 12:00     | ~        | 13:00  | 12:30 | ~       | 13:30 |        | 12:00     | ~       | 13:00    | 12:30     | ~        | 13:30   |
| Hip    | &Leg    |        |              |          | E         | Basic        | Hij       | p&Leg    |        | В     | asic    |       |        |           | Basic   |          | Stretch & | Condi    | tioning |
|        | Noa.M   |        |              |          |           | Kyoka.M      |           | Kyoka.M  | l      |       | Noa.M   |       |        |           | Kyoka.  | М        |           | Kyoka.N  | И       |
|        |         |        |              |          | 13:30     | ~ 14:30      | 13:30     | ~        | 14:30  | 14:30 | ~       | 15:30 |        | 13:30     | ~       | 14:30    |           |          |         |
|        |         |        |              |          | Wais      | t spXmas     | Bac       | k & Arn  | n      | Waist | spXma   | as    |        | Во        | dy Bal  | ance     |           |          |         |
|        |         |        |              | close    |           | Sachi        | 1         | haruka.T |        | P     | (yoka.M |       |        |           | Noa.M   | ı        |           |          |         |
|        |         |        |              | CIOSO    |           |              | 15:00     | ~        | 16:00  | 16:30 | ~       | 17:30 |        |           |         |          |           |          |         |
|        |         |        |              |          |           |              | E         | Basic    |        | Hip   | &Leg    |       |        |           |         |          |           |          |         |
|        | close   |        |              |          |           |              |           | Kyoka.M  | ı      |       | Noa.M   |       |        |           |         |          |           | close    |         |
|        |         |        |              |          |           | close        |           | close    |        |       |         |       | close  |           | close   |          |           |          |         |
|        |         |        |              |          |           |              | 17:30     | ~        | 18:30  |       |         |       |        |           |         |          |           |          |         |
|        |         |        |              |          |           |              | Stretch & | Condit   | ioning |       |         |       |        |           |         |          |           |          |         |
|        |         |        |              |          |           |              |           | haruka.T |        |       |         |       |        |           |         |          |           |          |         |
| 18:00  | ~       | 19:00  | 18:00        | ~ 19:0   | 18:00     | ~ 19:00      |           |          |        | ]     |         |       |        | 18:00     | ~       | 19:00    | 18:00     | ~        | 19:00   |
| Е      | asic    |        | Waist        | t spXmas | Bac       | k&Arm        |           |          |        |       | close   |       |        | Wais      | st spXn | nas      | Bac       | k&Arı    | m       |
|        | Sachi   |        |              | haruka.T |           | haruka.T     |           |          |        |       |         |       |        |           | haruka. | т        |           | haruka.1 | т       |
| 19:30  | ~       | 20:30  | 19:30        | ~ 20:3   | 19:30     | ~ 20:30      |           |          |        |       |         |       |        | 19:30     | ~       | 20:30    | 19:30     | ~        | 20:30   |
| Hip    | &Leg    |        | Вас          | k&Arm    | Hij       | p&Leg        |           | close    |        |       |         |       |        | Hi        | ip&Le   | g        | ı         | Basic    |         |
|        | Noa.M   |        |              | haruka.T |           | Kyoka.M      | 1         |          |        |       |         |       |        |           | Kyoka.  | М        |           | Sachi    |         |
| 21:00  | ~       | 22:00  | 21:00        | ~ 22:0   | 21:00     | ~ 22:00      |           |          |        |       |         |       |        | 21:00     | ~       | 22:00    | 21:00     | ~        | 22:00   |
| Bod    | y Bala  | nce    | E            | Basic    | Stretch & | Conditioning |           |          |        |       |         |       |        | Stretch & | &Cond   | itioning | Wais      | t spXm   | nas     |
|        | Sachi   |        |              | Sachi    |           | haruka.T     |           |          |        |       |         |       |        |           | 未確定     | !        |           | haruka.1 | т       |

| •     |         | MEGAF: | 7 7 17       |            |            |                          | 40/0=   |       | ,-                     | 25      |       | 12/31 |  |       |       |  |
|-------|---------|--------|--------------|------------|------------|--------------------------|---------|-------|------------------------|---------|-------|-------|--|-------|-------|--|
|       | 12/25   |        |              | 12/26      |            |                          | 12/27   |       |                        | 12/28   |       | 12/29 |  | 12/30 | 12/31 |  |
|       | 木       |        |              | 金          |            |                          | 土       |       |                        | Ħ       |       | 月     |  | 火     | *     |  |
|       |         |        | 10:30<br>Bac | ∼<br>:k&Ar | 11:30<br>m | 10:30 ~ 11:30<br>Hip&Leg |         |       | 10:30 ~ 11:30<br>Basic |         |       |       |  |       |       |  |
|       |         |        | 1            | haruka.    | Т          | Noa.M                    |         |       |                        | Noa.M   |       |       |  |       |       |  |
|       |         |        | 12:00        | ~          | 13:00      | 12:00 ~ 13:00            |         |       | 12:30                  | ~       | 13:30 |       |  |       |       |  |
|       |         |        | Вос          | dy Bala    | ance       | Вас                      | k&Arı   | m     | Bod                    | ly Bala | nce   |       |  |       |       |  |
|       |         |        |              | Sachi      |            | 1                        | naruka. | Г     |                        | Sachi   |       |       |  |       |       |  |
|       |         |        | 13:30        | ~          | 14:30      | 13:30                    | ~       | 14:30 | 14:30                  | ~       | 15:30 |       |  |       |       |  |
|       |         |        | E            | Basic      |            | Body Balance             |         |       | Hip&Leg                |         |       |       |  |       |       |  |
|       | close   |        |              | Sachi      |            |                          | Noa.M   |       | Noa.M                  |         |       |       |  |       |       |  |
|       |         |        |              |            |            | 15:00                    | ~       | 16:00 | 16:30                  | ~       | 17:30 |       |  |       |       |  |
|       |         |        |              |            |            | Waist<br>haruka.T        |         |       | Back & Arm<br>Sachi    |         |       |       |  |       |       |  |
|       |         |        |              |            |            |                          |         |       |                        |         |       |       |  |       |       |  |
|       |         |        | olose        |            |            | 17:30 ~ 18:30 Basic      |         |       |                        |         |       | close |  | close | close |  |
|       |         |        |              |            |            |                          |         |       |                        |         |       |       |  |       |       |  |
|       |         |        |              |            |            |                          |         |       |                        |         |       |       |  |       |       |  |
|       |         |        |              |            |            |                          | Noa.M   |       |                        |         |       |       |  |       |       |  |
| 18:00 | ~       | 19:00  | 18:00        | ~          | 19:00      |                          |         |       |                        |         |       |       |  |       |       |  |
| E     | Basic   |        | Hip & Leg    |            |            |                          |         |       |                        | close   |       |       |  |       |       |  |
|       | Kyoka.N |        |              | Noa.M      |            |                          |         |       |                        |         |       |       |  |       |       |  |
| 19:30 | ~       | 20:30  | 19:30        | ~          | 20:30      |                          |         |       |                        |         |       |       |  |       |       |  |
| Waist | Sachi   |        | Stretch &    | Condi      | itioning   | close                    |         |       |                        |         |       |       |  |       |       |  |
|       |         |        | haruka.T     |            |            |                          |         |       |                        |         |       |       |  |       |       |  |
| 21:00 | ~       | 22:00  | 21:00        | ~          | 22:00      |                          |         |       |                        |         |       |       |  |       |       |  |
| Hip   | &Leg    | ı      | E            | Basic      |            |                          |         |       |                        |         |       |       |  |       |       |  |
|       |         | 1      |              |            |            |                          |         |       |                        |         |       |       |  |       |       |  |