



pilates

pilates K 所沢店 Lesson Schedule

更新日 2024/10/20

2024/10/1~2024/10/15

Let's have fun with all pilates lovers♡

| | 10月1日(火) | 10月2日(水) | 10月3日(木) | 10月4日(金) | 10月5日(土) | 10月6日(日) | 10月7日(月) | 10月8日(火) |
|-------|---|---|---|---|---|---------------------------------------|----------|--|
| 10:30 | 10:30~11:30 Style up pilates YUKINA | 10:30~11:30 Basic ♪ Mei.D | 10:30~11:30 Hip&Leg ♪ Mei.D | 10:30~11:30 Power up Control YUKINA | 10:30~11:30 Back&Arm ♪ Sakura.N | 10:30~11:30 Waist ♪ Sena.K | close | 10:30~11:30 Body Balance Sena.K |
| 12:00 | 12:00~13:00 Advance Yuka | 12:30~13:30 Back&Spine YUKINA | 12:00~13:00 Back&Arm ♪ YUKINA | 12:00~13:00 Basic ♪ Mei.D | 12:00~13:00 Style up pilates YUKINA | 12:00~13:00 Hip&Leg ♪ Mei.D | | 12:00~13:00 Back&Arm ♪ YUKINA |
| 13:30 | 13:30~14:30 Hip&Leg ♪ YUKINA | | 13:30~14:30 Basic ♪ Mei.D | 13:30~14:30 Stretch&Conditioning ♪ YUKINA | 13:30~14:30 Basic ♪ Mei.D | 13:30~14:30 Body Balance Sena.K | | 13:30~14:30 Waist ♪ Sena.K |
| 15:00 | | | | | 15:00~16:00 Pilates Workout Yuka | 15:00~16:00 Basic ♪ Mei.D | | |
| 17:00 | | | | | 17:30~18:30 Hip&Leg ♪ Mei.D | | | |
| 18:00 | 18:00~19:00 Basic ♪ Sena.K | 18:00~19:00 Release&Strength Yuka | 18:00~19:00 Waist ♪ Sena.K | 18:00~19:00 Body Balance Sena.K | | | | 18:00~19:00 Hip&Leg ♪ Mei.D |
| 19:30 | 19:30~20:30 Jump to Burn Yuka | 19:30~20:30 Hip&Leg ♪ Sena.K | 19:30~20:30 Style up pilates YUKINA | 19:30~20:30 Waist ♪ Mei.D | | | | 19:30~20:30 Pilates Barre YUKINA |
| 21:00 | 21:00~22:00 Waist ♪ Sena.K | 21:00~22:00 Pilates Cardio Yuka | 21:00~22:00 Basic ♪ Sena.K | 21:00~22:00 Hip&Leg ♪ Sena.K | | | | 21:00~22:00 Basic ♪ Mei.D |

| | 10月9日(水) | 10月10日(木) | 10月11日(金) | 10月12日(土) | 10月13日(日) | 10月14日(月) | 10月15日(火) |
|-------|---|---|---|---|---------------------------------------|-----------|--|
| 10:30 | 10:30~11:30 Hip&Leg ♪ Sena.K | 10:30~11:30 Basic ♪ Sena.K | 10:30~11:30 Waist ♪ Sena.K | 10:30~11:30 Power up Control YUKINA | 10:30~11:30 Basic ♪ Mei.D | close | 10:30~11:30 Waist ♪ Mei.D |
| 12:00 | 12:30~13:30 Release&Strength Yuka | 12:00~13:00 Pilates Workout Yuka | 12:00~13:00 Hip&Leg ♪ Mei.D | 12:00~13:00 Basic ♪ Mei.D | 12:00~13:00 Back&Arm ♪ Yuka | | 12:00~13:00 Body Balance Sena.K |
| 13:30 | | 13:30~14:30 Waist ♪ Sena.K | 13:30~14:30 Basic ♪ Sena.K | 13:30~14:30 Back&Spine YUKINA | 13:30~14:30 Hip&Leg ♪ Sena.K | | 13:30~14:30 Basic ♪ Mei.D |
| 15:00 | | | | 15:00~16:00 Hip&Leg ♪ Sena.K | 15:00~16:00 Pilates Cardio Yuka | | |
| 17:00 | | | | 17:30~18:30 Back&Arm ♪ Sakura.N | | | |
| 18:00 | 18:00~19:00 Basic ♪ YUKINA | 18:00~19:00 Style up pilates YUKINA | 18:00~19:00 Pilates Cardio Yuka | | | | 18:00~19:00 Pilates Barre YUKINA |
| 19:30 | 19:30~20:30 Waist ♪ Mei.D | 19:30~20:30 Back&Arm ♪ Yuka | 19:30~20:30 Stretch&Conditioning ♪ YUKINA | | | | 19:30~20:30 Basic ♪ Sena.K |
| 21:00 | 21:00~22:00 Back&Spine YUKINA | 21:00~22:00 Power up Control YUKINA | 21:00~22:00 Advance Yuka | | | | 21:00~22:00 Back&Spine YUKINA |

♪：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。

・ご予約されたレッスンをキャンセルされる場合は、1時間前迄にお願いしております。

・レッスン開始時刻1時間前を切った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月2回以上で、翌月の予約可能回数が1回に制限されます。



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2024/10/16~2024/10/30

| | 10月16日(水) | 10月17日(木) | 10月18日(金) | 10月19日(土) | 10月20日(日) | 10月21日(月) | 10月22日(火) | 10月23日(水) |
|-------|---|---|---|---|---|-----------|---|---|
| 10:30 | 10:30~11:30 Style up pilates YUKINA | 10:30~11:30 Waist ♪ Mei.D | 10:30~11:30 Body Balance Sena.K | 10:30~11:30 Basic ♪ Mei.D | 10:30~11:30 Power up Control YUKINA | close | 10:30~11:30 Basic ♪ Sena.K | 10:30~11:30 Stretch&Conditioning ♪ YUKINA |
| 12:00 | 12:30~13:30 Hip&Leg ♪ Mei.D | 12:00~13:00 Back&Spine YUKINA | 12:00~13:00 Basic ♪ Mei.D | 12:00~13:00 Hip&Leg ♪ Sena.K | 12:00~13:00 Basic ♪ Sena.K | | 12:00~13:00 Power up Control YUKINA | 12:30~13:30 Waist ♪ Sena.K |
| 13:30 | | 13:30~14:30 Basic ♪ Mei.D | 13:30~14:30 Hip&Leg ♪ Sena.K | 13:30~14:30 Pilates Barre YUKINA | 13:30~14:30 Style up pilates YUKINA | | 13:30~14:30 Body Balance Sena.K | |
| 15:00 | | | | 15:00~16:00 Waist ♪ Mei.D | 15:00~16:00 Body Balance Sena.K | | | |
| 17:00 | | | | 17:30~18:30 Style up pilates YUKINA | | | | |
| 18:00 | 18:00~19:00 Pilates Cardio Yuka | 18:00~19:00 Advance Yuka | 18:00~19:00 Waist ♪ Mei.D | | | | 18:00~19:00 Release&Strength Yuka | 18:00~19:00 Basic ♪ Yuka |
| 19:30 | 19:30~20:30 Body Balance Sena.K | 19:30~20:30 Pilates Barre YUKINA | 19:30~20:30 Back&Spine YUKINA | | | | 19:30~20:30 Hip&Leg ♪ YUKINA | 19:30~20:30 Back&Arm ♪ Mei.D |
| 21:00 | 21:00~22:00 Basic ♪ Yuka | 21:00~22:00 Release&Strength Yuka | 21:00~22:00 Style up pilates YUKINA | | | | 21:00~22:00 Pilates Workout Yuka | 21:00~22:00 Jump to Burn Yuka |

| | 10月24日(木) | 10月25日(金) | 10月26日(土) | 10月27日(日) | 10月28日(月) | 10月29日(火) | 10月30日(水) | 10月31日(木) |
|-------|---|-------------------------------------|---------------------------------------|--|-----------|---|---|--|
| 10:30 | 10:30~11:30 Basic ♪ Sena.K | 10:30~11:30 Jump to Burn Yuka | 10:30~11:30 Hip&Leg ♪ Sena.K | 10:30~11:30 Advance Yuka | close | 10:30~11:30 Pilates Cardio Yuka | 10:30~11:30 Basic ♪ Mei.D | 10:30~11:30 Body Balance Sena.K |
| 12:00 | 12:00~13:00 Release&Strength Yuka | 12:00~13:00 Waist ♪ Sena.K | 12:00~13:00 Back&Spine Yuka | 12:00~13:00 Back&Arm ♪ Mei.D | | 12:00~13:00 Hip&Leg ♪ Mei.D | 12:30~13:30 Jump to Burn Yuka | 12:00~13:00 Waist ♪ Mei.D |
| 13:30 | 13:30~14:30 Body Balance Sena.K | 13:30~14:30 Advance Yuka | 13:30~14:30 Back&Arm ♪ Mei.D | 13:30~14:30 Pilates Workout Yuka | | 13:30~14:30 Basic ♪ Yuka | | 13:30~14:30 Hip&Leg ♪ Sena.K |
| 15:00 | | | 15:00~16:00 Pilates Cardio Yuka | 15:00~16:00 Basic ♪ Mei.D | | | | |
| 17:00 | | | 17:30~18:30 Basic ♪ Mei.D | | | | | |
| 18:00 | 18:00~19:00 Back&Arm ♪ Mei.D | 18:00~19:00 Hip&Leg ♪ Mei.D | | | | 18:00~19:00 Style up pilates YUKINA | 18:00~19:00 Waist ♪ Sena.K | 18:00~19:00 Pilates Barre YUKINA |
| 19:30 | 19:30~20:30 Pilates Cardio Yuka | 19:30~20:30 Basic ♪ Sena.K | | | | 19:30~20:30 Waist ♪ Sena.K | 19:30~20:30 Power up Control YUKINA | 19:30~20:30 Basic ♪ Yuka |
| 21:00 | 21:00~22:00 Waist ♪ Mei.D | 21:00~22:00 Back&Arm ♪ Mei.D | | | | 21:00~22:00 Stretch&Conditioning ♪ YUKINA | 21:00~22:00 Hip&Leg ♪ Sena.K | 21:00~22:00 Back&Spine YUKINA |

♪: 体験可能レッスン

今月一緒にピラティスを楽しみましょう!

STUDIO INFO

☎専用ダイヤル: 0570-050-055

受付時間: 9:00~18:00

※上記受付時間外はお電話でのご予約は承っておりません。インターネットからのご予約をご利用下さい(24時間受付)