



pilates

pilates K 池袋店 Lesson Schedule

更新日2021/3/27

2021/4/1~2021/4/15

| | 4月1日(木) | 4月2日(金) | 4月3日(土) | 4月4日(日) | 4月5日(月) | 4月6日(火) | 4月7日(水) | 4月8日(木) | | |
|-------|---------|--|--|--|---------|-------------------------------------|---|---------|---|---|
| 10:00 | | | 10:00~11:00 Strech&Conditioning Kaho | 10:30~11:30 Release & Strength | close | 10:30~11:30 Hip&Leg Momo | 10:30~11:30 Basic Lisa | | | |
| 12:00 | | 10:30~11:30 Basic Kaho | 11:30~12:30 Hip&Leg Momo | 12:00~13:00 Chinatsu | | 12:00~13:00 Basic Kaho | 12:00~13:00 Pilates Workout (members only) Eri | | 12:00~13:00 Hip&Leg Momo | |
| 13:30 | | 12:00~13:00 Waist Kaho | 13:00~14:00 Back&Arm Nana | 13:00~14:00 Chinatsu | | 13:30~14:30 Jump to Burn | 13:30~14:30 Basic Momo | | 13:30~14:20 Peach Hip (members only) Eri | |
| 15:00 | | 13:30~14:30 Pilates Workout (members only) Sayaka | 14:30~15:30 Waist Kaho | 16:00~17:00 Basic Momo | | 15:00~16:00 Body Balance Nana | | | | |
| | | | 16:00~17:00 Basic Momo | 16:30~17:30 Hip&Leg Momo | | 16:30~17:30 Hip&Leg Momo | | | | |
| | | | 17:30~18:30 Jump to Burn Nana | 17:30~18:30 Jump to Burn Nana | | 18:00~19:00 Basic Nana | | | | |
| | | 18:00~19:00 Basic Chinatsu | 18:00~19:00 Hip&Leg Momo | 19:00~20:00 Advance (members only) Chinatsu | | | 18:00~19:00 Strech&Conditioning Kaho | | 18:00~19:00 Body Balance Nana | 18:00~19:00 Jump to Burn Uki |
| 18:00 | | 19:30~20:30 Hip&Leg Momo | 19:30~20:30 Back&Arm Ayane | | | | 19:30~20:30 Basic Ayane | | 19:30~20:30 Waist Kaho | 19:30~20:30 Basic Kaho |
| 19:30 | | 21:00~22:00 Advance (members only) Chinatsu | 21:00~22:00 Basic Momo | | | | 21:00~22:00 Waist Kaho | | 21:00~22:00 Basic Nana | 21:00~22:00 Release & Strength Chinatsu |

| | 4月9日(金) | 4月10日(土) | 4月11日(日) | 4月12日(月) | 4月13日(火) | 4月14日(水) | 4月15日(木) | |
|-------|--|--|--|----------|--|--|----------|--|
| 10:00 | | 10:00~11:00 Jump to Burn Chinatsu | 10:30~11:30 Basic Kaho | close | 10:30~11:30 Basic Chinatsu | 10:30~11:30 Back&Arm Ayane | | |
| 12:00 | 10:30~11:30 Basic Ayane | 11:30~12:30 Hip&Leg Momo | 12:00~13:00 Pilates Workout (members only) Lisa | | 12:00~13:00 Waist Kaho | 12:00~13:00 Jump to Burn Chinatsu | | |
| 13:30 | 12:00~13:00 Advance (members only) Chinatsu | 13:00~14:00 Basic Kaho | 13:30~14:30 Body Balance Nana | | 13:30~14:30 Release & Strength Chinatsu | 13:30~14:30 Basic Kaho | | |
| 15:00 | 13:30~14:30 Hip&Leg Momo | 14:30~15:30 Strech&Conditioning Chinatsu | 15:00~16:00 Basic Chinatsu | | | | | |
| | | 16:00~16:50 Peach Hip (members only) Lisa | 16:30~17:30 Back&Arm Nana | | | | | |
| | | 17:30~18:30 Waist Kaho | 18:00~19:00 Hip&Leg Momo | | 18:00~19:00 Basic Momo | 18:00~19:00 Release & Strength Uki | | 18:00~19:00 Basic Kaho |
| 18:00 | 18:00~19:00 Basic Lisa | 19:00~20:00 Body Balance Nana | | | 19:30~20:30 Pilates Workout (members only) Lisa | 19:30~20:30 Basic Momo | | 19:30~20:20 Peach Hip (members only) Lisa |
| 19:30 | 19:30~20:30 Jump to Burn Nana | | | | 21:00~22:00 Pilates Workout (members only) Lisa | 21:00~22:00 Waist Lisa | | 21:00~22:00 Advance (members only) Chinatsu |
| 21:00 | 21:00~22:00 Pilates Workout (members only) Lisa | | | | 21:00~22:00 Hip&Leg Momo | | | |

- ・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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2021/4/16~2021/4/30

| | 4月16日(金) | 4月17日(土) | 4月18日(日) | 4月19日(月) | 4月20日(火) | 4月21日(水) | 4月22日(木) | 4月23日(金) | |
|-------|-------------------------------------|-----------------------------|----------|----------|-----------------------------|------------------------------|--|--------------------------|--|
| 10:00 | | 10:00~11:00 | close | close | | | | | |
| | 10:30~11:30 Stretch&Conditioning | Body Balance Sayaka | | | | 10:30~11:30 Hip&Leg | 10:30~11:30 Advance (members only) | | 10:30~11:30 Pilates Workout (members only) |
| 12:00 | Nana | 11:30~12:30 | | | | 12:00~13:00 Back&Arm | Chinatsu | | Lisa |
| | 12:00~13:00 Body Balance | Basic Kaho | | | | Ayane | 12:00~13:00 | | 12:00~13:00 |
| 13:30 | Sayaka | 13:00~13:50 | | | | 13:30~14:30 Jump to Burn | Basic Ayane | | 13:30~14:30 |
| | 13:30~14:30 Basic | Peach Hip (members only) | | | | Chinatsu | 13:30~14:30 | | 13:30~14:30 |
| 15:00 | Nana | Lisa | | | | | Hip&Leg Chinatsu | | Basic Lisa |
| | | 14:30~15:30 | | | | | | | |
| | | Basic Nana | | | | | | | |
| | | 16:00~17:00 | | | | | | | |
| | | Waist Kaho | | | | | | | |
| | | 17:30~18:30 | | | 18:00~19:00 | | | | |
| | | Jump to Burn Nana | | | Waist Kaho | 18:00~19:00 | 18:00~19:00 | 18:00~19:00 | |
| 18:00 | 18:00~19:00 | 19:00~20:00 | | | 19:30~20:20 | Basic Nana | Hip&Leg Momo | 18:00~19:00 | |
| | Release & Strength | Hip&Leg | | | Peach Hip (members only) | 19:30~20:30 | Pilates Barre Nana | Jump to Burn Chinatsu | |
| | Chinatsu | Momo | | | Lisa | Body Balance Kaho | | Basic Ayane | |
| 19:30 | 19:30~20:30 | | | | 21:00~22:00 | 21:00~22:00 | 21:00~22:00 | 21:00~22:00 | |
| | Back&Arm | | | | Basic Kaho | Stretch&Conditioning Nana | Basic Momo | Waist Chinatsu | |
| | Ayane | | | | | | | | |
| 21:00 | 21:00~22:00 | | | | | | | | |
| | Basic Chinatsu | | | | | | | | |

| | 4月24日(土) | 4月25日(日) | 4月26日(月) | 4月27日(火) | 4月28日(水) | 4月29日(木) | 4月30日(金) | |
|-------|-----------------------------------|---------------------------------|----------|------------------------------|-----------------------------------|--|---|-----------------------------|
| 10:00 | 10:00~11:00 | | close | | | 10:00~11:00 | | |
| | Basic Nana | 10:30~11:30 Release&Strength | | | 10:30~11:30 Basic | 10:30~11:20 Peach Hip (members only) | Hip&Leg Momo | 10:30~11:30 Back&Arm |
| 12:00 | 11:30~12:30 | Chinatsu | | | 12:00~13:00 | Lisa | 11:30~12:30 | Nana |
| | Waist Kaho | 12:00~13:00 | | | Hip&Leg Sayaka | 12:00~13:00 | Basic Sayaka | 12:00~12:50 |
| 13:30 | 13:00~14:00 | Sayaka | | | 13:30~14:30 | Kaho | 13:00~14:00 | Peach Hip (members only) |
| | Pilates Workout (members only) | 13:30~14:30 | | | Pilates Workout (members only) | 13:30~14:30 | Body Balance Kaho | Lisa |
| 15:00 | Momo | Body Balance Kaho | | | Momo | Basic Lisa | 14:30~15:30 | 13:30~14:30 |
| | 14:30~15:30 | 15:00~16:00 | | | | | Pilates Barre Nana | Basic Nana |
| | Back&Arm Nana | Jump to Burn Chinatsu | | | | | 16:00~17:00 | |
| | 16:00~17:00 | 16:30~17:30 | | | | | Waist Lisa | |
| | Release&Strength Lisa | Basic Momo | | | | 17:30~18:30 | | |
| | 17:30~18:30 | 18:00~18:50 | | | | Jump to Burn Nana | | |
| 18:00 | Advance (members only) | Peach Hip (members only) | | 18:00~19:00 | 18:00~19:00 | 19:00~20:00 | 18:00~19:00 | |
| | Chinatsu | Lisa | | Stretch&Conditioning Nana | Release&Strength Chinatsu | Basic Kaho | Basic Ayane | |
| | 19:00~20:00 | | | 19:30~20:30 | 19:30~20:30 | | 19:30~20:30 | |
| 19:30 | Basic Momo | | | Back&Arm Ayane | Basic Ayane | | Waist Chinatsu | |
| | | | | 21:00~22:00 | 21:00~22:00 | | 21:00~22:00 | |
| 21:00 | | | | Jump to Burn Nana | Hip&Leg Chinatsu | | Pilates Workout (members only) Momo | |

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)