



pilates

pilates K 池袋店 Lesson Schedule

更新日2023/3/15

2023/4/1~2023/4/15

	4月1日(土)	4月2日(日)	4月3日(月)	4月4日(火)	4月5日(水)	4月6日(木)	4月7日(金)	4月8日(土)	
10:00	10:00~11:00 Basic Arisa	10:00~11:00 Body Balance Kaho	Close	10:00~11:00 Basic Arisa	10:00~11:00 Waist Arisa	10:00~11:00 Pilates Workout (members only) Kaho	10:00~11:00 Basic mayumi	10:00~11:00 Hip&Leg misaki	
11:30	11:30~12:30 Shape up Waist (members only) Kaho	11:30~12:30 Basic Sana		11:30~12:30 Body Balance Chinatsu	11:30~12:30 Advance (members only) Chinatsu	11:30~12:30 Basic mayumi	11:30~12:30 Pilates Cardio Sana	11:30~12:30 Pilates Cardio Sana	11:30~12:30 Back&Arm Sana
13:00	13:00~14:00 Stretch&Conditioning Arisa	13:00~14:00 Back&Spine Kaho		13:00~14:00 Waist Arisa	13:00~14:00 Stretch&Conditioning Arisa	13:00~14:00 Back&Spine Kaho	13:00~14:00 Hip&Leg misaki	13:00~14:00 Hip&Leg misaki	13:00~14:00 Jump to Burn misaki
14:30	14:30~15:30 Back&Arm Sana	14:30~15:30 Release&Strength Chinatsu		14:30~15:30 Pilates Workout (members only) Naco	14:30~15:30 Hip&Leg Chinatsu	14:30~15:30 Pilates Barre Sana	14:30~15:30 Pilates Barre Sana	14:30~15:30 Pilates Barre Sana	14:30~15:30 Waist Sana
17:00	16:00~17:00 Hip&Leg Chinatsu	16:00~17:00 Pilates Workout (members only) Naco		16:00~17:00 Body Balance Kaho	16:00~17:00 Pilates Barre Sana	16:00~17:00 Jump to Burn misaki	16:00~17:00 Hip Punch (members only) Chinatsu	16:00~17:00 Hip Punch (members only) Chinatsu	16:00~17:00 Body Balance Kaho
18:00	17:30~18:30 Pilates Cardio Sana	17:30~18:30 Basic Sana		17:30~18:30 Basic Arisa	17:30~18:30 Shape up Waist (members only) Chinatsu	17:30~18:30 Basic Sana	17:30~18:30 Jump to Burn misaki	17:30~18:30 Back&Spine Kaho	17:30~18:30 Basic Arisa
19:30	19:00~20:00 Pilates Barre Chinatsu	19:00~20:00 Hip Punch (members only) Chinatsu		19:00~20:00 Shape up Waist (members only) Kaho	19:00~20:00 Pilates Barre Sana	19:00~20:00 Jump to Burn misaki	19:00~20:00 Stretch&Conditioning Arisa	19:00~20:00 Back&Spine Kaho	19:00~20:00 Shape up Waist (members only) Kaho
21:00					21:00~22:00 Back&Arm Sana	21:00~22:00 Hip&Leg misaki	21:00~22:00 Waist Arisa	21:00~22:00 Release&Strength Chinatsu	

	4月9日(日)	4月10日(月)	4月11日(火)	4月12日(水)	4月13日(木)	4月14日(金)	4月15日(土)	
10:00	10:00~11:00 Advance (members only) Chinatsu	Close	10:00~11:00 Stretch&Conditioning Arisa	10:00~11:00 Hip Punch (members only) Chinatsu	10:00~11:00 Release&Strength Chinatsu	10:00~11:00 Pilates Barre Sana	10:00~11:00 Basic Arisa	
11:30	11:30~12:30 Back&Arm Kaho		11:30~12:30 Pilates Workout (members only) Kaho	11:30~12:30 Basic mayumi	11:30~12:30 Pilates Cardio Sana	11:30~12:30 Back&Spine Chinatsu	11:30~12:30 Hip Punch (members only) Chinatsu	11:30~12:30 Hip Punch (members only) Chinatsu
13:00	13:00~14:00 Pilates Barre Chinatsu		13:00~14:00 Basic mayumi	13:00~14:00 Shape up Waist (members only) Kaho	13:00~14:00 Hip&Leg Chinatsu	13:00~14:00 Back&Arm Sana	13:00~14:00 Stretch&Conditioning Arisa	13:00~14:00 Stretch&Conditioning Arisa
14:30	14:30~15:30 Shape up Waist (members only) Kaho		14:30~15:30 Waist Arisa	14:30~15:30 Animal Stretch (members only) Rico	14:30~15:30 Animal Stretch (members only) Rico	14:30~15:30 Pilates Cardio Sana	14:30~15:30 Back&Spine Kaho	14:30~15:30 Back&Spine Kaho
17:00	16:00~17:00 Stretch&Conditioning Arisa		16:00~17:00 Animal Stretch (members only) misaki	16:00~17:00 Animal Stretch (members only) misaki	16:00~17:00 Animal Stretch (members only) misaki	16:00~17:00 Pilates Cardio Sana	16:00~17:00 Animal Stretch (members only) misaki	16:00~17:00 Animal Stretch (members only) misaki
18:00	17:30~18:30 Basic mayumi		17:30~18:30 Body Balance Kaho	17:30~18:30 Body Balance Kaho	17:30~18:30 Body Balance Kaho	17:30~18:30 Basic mayumi	17:30~18:30 Body Balance Kaho	17:30~18:30 Body Balance Kaho
19:30	19:00~20:00 Waist Arisa		19:00~20:00 Basic mayumi	19:00~20:00 Hip&Leg misaki	19:00~20:00 Waist Arisa	19:00~20:00 Pilates Workout (members only) Kaho	19:00~20:00 Basic mayumi	19:00~20:00 Basic mayumi
21:00				21:00~22:00 Basic Sana	21:00~22:00 Jump to Burn misaki	21:00~22:00 Stretch&Conditioning Arisa	21:00~22:00 Hip&Leg misaki	

- ・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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2023/4/16~2023/4/30

	4月16日(日)	4月17日(月)	4月18日(火)	4月19日(水)	4月20日(木)	4月21日(金)	4月22日(土)	4月23日(日)	
10:00	10:00~11:00 Pilates Cardio Sana	Close	10:00~11:00 Jump to Burn misaki	10:00~11:00 Back&Arm Sana	10:00~11:00 Hip&Leg misaki	10:00~11:00 Shape up Waist (members only)	10:00~11:00 Pilates Barre Chinatsu	10:00~11:00 Body Balance Kaho	
11:30	11:30~12:30 Basic Arisa		11:30~12:30 Basic Arisa	11:30~12:30 Pilates Workout (members only)	11:30~12:30 Basic Sana	11:30~12:30 Basic Sana	Kaho	11:30~12:30 Shape up Waist (members only)	11:30~12:30 Basic mayumi
13:00	13:00~14:00 Pilates Workout (members only)		13:00~14:00 Pilates Barre Sana	13:00~14:00 Animal Stretch (members only)	13:00~14:00 Waist misaki	13:00~14:00 Body Balance	13:00~14:00 Body Balance	13:00~14:00 Basic mayumi	13:00~14:00 Back&Arm Kaho
14:30	14:30~15:30 Waist misaki		14:30~15:30 Hip&Leg misaki	14:30~15:30 Pilates Cardio Sana	14:30~15:30 Pilates Cardio Sana	14:30~15:30 Pilates Cardio Sana	14:30~15:30 Pilates Cardio Sana	14:30~15:30 Hip&Leg Momo	14:30~15:30 Jump to Burn misaki
	16:00~17:00 Release&Strength							16:00~17:00 Waist misaki	16:00~17:00 Basic mayumi
17:00	17:30~18:30 Hip&Leg misaki			18:00~19:00 Body Balance Kaho	18:00~19:00 Basic mayumi	18:00~19:00 Advance (members only)	18:00~19:00 Hip&Leg misaki	17:30~18:30 Basic mayumi	17:30~18:30 Hip&Leg misaki
18:00	19:00~20:00 Back&Spine			19:30~20:30 Hip Punch (members only)	19:30~20:30 Stretch&Conditioning	19:30~20:30 Chinatsu	19:30~20:30 Animal Stretch (members only)	19:00~20:00 Pilates Workout (members only)	19:00~20:00 Pilates Cardio Sana
19:30	Chinatsu			21:00~22:00 Chinatsu	21:00~22:00 Shape up Waist (members only)	21:00~22:00 Basic mayumi	21:00~22:00 Basic misaki	Momo	
21:00				21:00~22:00 Basic mayumi	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Back&Spine Chinatsu	21:00~22:00 Basic mayumi		

	4月24日(月)	4月25日(火)	4月26日(水)	4月27日(木)	4月28日(金)	4月29日(土)	4月30日(日)
10:00	Close	10:00~11:00 Basic mayumi	10:00~11:00 Pilates Barre Sana	10:00~11:00 Animal Stretch (members only)	10:00~11:00 Hip Punch (members only)	10:00~11:00 Hip&Leg misaki	10:00~11:00 Back&Arm mayumi
11:30		11:30~12:30 Pilates Cardio Sana	11:30~12:30 Back&Arm mayumi	11:30~12:30 Waist Sana	11:30~12:30 Jump to Burn misaki	11:30~12:30 Basic mayumi	11:30~12:30 Pilates Barre Sana
13:00		13:00~14:00 Back&Spine Suzuka	13:00~14:00 Basic Sana	13:00~14:00 Hip&Leg misaki	13:00~14:00 Release&Strength Chinatsu	13:00~14:00 Body Balance Chinatsu	13:00~14:00 Basic mayumi
14:30		14:30~15:30 Basic mayumi		14:30~15:30 Pilates Cardio Sana		14:30~15:30 Waist misaki	14:30~15:30 Hip Punch (members only)
						16:00~17:00 Back&Arm mayumi	16:00~17:00 Chinatsu
17:00						17:30~18:30 Release&Strength Kaho	17:30~18:30 Back&Spine Chinatsu
18:00		18:00~19:00 Hip&Leg Chinatsu	18:00~19:00 Back&Spine Kaho	18:00~19:00 Basic Kaho	18:00~19:00 Pilates Cardio Sana	18:00~19:00 Pilates Cardio Sana	19:00~20:00 Pilates Cardio Sana
19:30		19:30~20:30 Animal Stretch (members only)	19:30~20:30 Advance (members only)	19:30~20:30 Back&Arm mayumi	19:30~20:30 Shape up Waist (members only)	19:30~20:30 Shape up Waist (members only)	19:00~20:00 Shape up Waist (members only)
21:00		21:00~22:00 Jump to Burn Chinatsu	21:00~22:00 Body Balance Kaho	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Basic Sana	21:00~22:00 Basic Sana	

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)