



pilates

pilates K 銀座店 Lesson Schedule

更新日2023/7/15

2023/8/1~2023/8/15

| | 8月1日(火) | 8月2日(水) | 8月3日(木) | 8月4日(金) | 8月5日(土) | 8月6日(日) | 8月7日(月) | 8月8日(火) |
|-------|--|--|---|---|---|---|---------|---|
| 10:00 | 10:00~11:00 Waist Kanna | 10:00~11:00 Basic Azu | 10:00~11:00 Back & Spine (members only) Saki | 10:00~11:00 Basic Kanna | 10:00~11:00 Body Balance (members only) Sazuki | 10:00~11:00 Animal Stretch (members only) Sazuki | close | 10:00~11:00 Release&Strength Sazuki |
| 11:30 | 11:30~12:30 Pilates Cardio J. | 11:30~12:30 Back&Arm wako | 11:30~12:30 Basic wako | 11:30~12:30 Hip&Leg Saki | 11:30~12:30 Waist Kanna | 11:30~12:30 Pilates Workout (members only) Saki | | 11:30~12:30 Shape up Waist (members only) Saki |
| 13:00 | 13:00~14:00 Basic Kanna | 13:00~14:00 Hip&Leg Azu | 13:00~14:00 Hip Punch (members only) Saki | 13:00~14:00 Waist Kanna | 13:00~14:00 Release&Strength Sazuki | 13:00~14:00 Basic wako | | 13:00~14:00 Back & Spine (members only) J. |
| 14:30 | 14:30~15:30 Hip&Leg Azu | 14:30~15:30 Basic wako | 14:30~15:30 Back&Arm wako | 14:30~15:30 Pilates Barre Saki | 14:30~15:30 Hip&Leg Azu | 14:30~15:30 Hip Punch (members only) J. | | 14:30~15:30 Body Balance (members only) Sazuki |
| 17:00 | | 18:00~19:00 Pilates Workout (members only) J. | | 18:00~19:00 Body Balance (members only) Sazuki | 16:00~17:00 Jump to Burn Kanna | 16:00~17:00 Body Balance (members only) Sazuki | | |
| 18:00 | 18:00~19:00 Pilates Barre Saki | | 18:00~19:00 Hip&Leg Azu | | 17:30~18:30 Hip&Leg Azu | 17:30~18:30 Basic wako | | 18:00~19:00 Animal Stretch (members only) J. |
| 19:30 | 19:30~20:30 Basic wako | 19:30~20:30 Stretch&Conditioning Saki | 19:30~20:30 Back&Arm wako | 19:30~20:30 Basic wako | 19:00~20:00 Shape up Waist (members only) Saki | 19:00~20:00 Release&Strength J. | | 19:30~20:30 Jump to Burn Kanna |
| 21:00 | 21:00~22:00 Advance (members only) Saki | 21:00~22:00 Back & Spine (members only) J. | 21:00~22:00 Basic Azu | 21:00~22:00 Pilates Cardio Sazuki | | | | 21:00~22:00 Basic wako |

| | 8月9日(水) | 8月10日(木) | 8月11日(金) | 8月12日(土) | 8月13日(日) | 8月14日(月) | 8月15日(火) | |
|-------|---|---|---|--|---|----------|---|---|
| 10:00 | 10:00~11:00 Hip&Leg Azu | 10:00~11:00 Advance (members only) J. | 10:00~11:00 Back&Arm wako | 10:00~11:00 Hip Punch (members only) J. | 10:00~11:00 Jump to Burn Kanna | close | 10:00~11:00 Shape up Waist (members only) Sazuki | |
| 11:30 | 11:30~12:30 Pilates Workout (members only) J. | 11:30~12:30 Body Balance (members only) Sazuki | 11:30~12:30 Shape up Waist (members only) Sazuki | 11:30~12:30 Basic Kanna | 11:30~12:30 Body Balance (members only) J. | | 11:30~12:30 Body Balance (members only) Kanna | 11:30~12:30 Jump to Burn Kanna |
| 13:00 | 13:00~14:00 Waist Kanna | 13:00~14:00 Back & Spine (members only) J. | 13:00~14:00 Waist Kanna | 13:00~14:00 Pilates Cardio Sazuki | 13:00~14:00 Hip&Leg Azu | | 13:00~14:00 Hip&Leg Sazuki | 13:00~14:00 Release&Strength Sazuki |
| 14:30 | | 14:30~15:30 Pilates Cardio Sazuki | 14:30~15:30 Back & Spine (members only) J. | 14:30~15:30 Basic Azu | 14:30~15:30 Shape up Waist (members only) Saki | | 14:30~15:30 Shape up Waist (members only) Azu | 14:30~15:30 Hip&Leg Azu |
| 17:00 | | | 16:00~17:00 Body Balance (members only) Sazuki | 16:00~17:00 Back&Arm wako | 16:00~17:00 Waist Kanna | | 16:00~17:00 Waist Kanna | |
| 18:00 | 18:00~19:00 Basic wako | 18:00~19:00 Waist Kanna | 17:30~18:30 Basic Kanna | 17:30~18:30 Release&Strength Sazuki | 17:30~18:30 Hip&Leg Azu | | 17:30~18:30 Hip&Leg Azu | 18:00~19:00 Stretch&Conditioning Saki |
| 19:30 | 19:30~20:30 Body Balance (members only) Sazuki | 19:30~20:30 Basic wako | 19:00~20:00 Animal Stretch (members only) J. | 19:00~20:00 Hip&Leg Azu | 19:00~20:00 Back & Spine (members only) Saki | | 19:00~20:00 Back & Spine (members only) Saki | 19:30~20:30 Back&Arm wako |
| 21:00 | 21:00~22:00 Hip Punch (members only) Saki | 21:00~22:00 Jump to Burn Kanna | | | | | | 21:00~22:00 Pilates Barre Saki |

- ・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。



pilates

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2023/8/16~2023/8/31

| | 8月16日(水) | 8月17日(木) | 8月18日(金) | 8月19日(土) | 8月20日(日) | 8月21日(月) | 8月22日(火) | 8月23日(水) |
|-------|--|---|---|---|---|----------|---|---|
| 10:00 | 10:00~11:00 Animal Stretch (members only) | 10:00~11:00 Waist Kanna | 10:00~11:00 Pilates Cardio Sazuki | 10:00~11:00 Hip&Leg Azu | 10:00~11:00 Basic wako | close | 10:00~11:00 Hip Punch (members only) Rico | 10:00~11:00 Advance (members only) Saki |
| 11:30 | J. 11:30~12:30 Pilates Barre | 11:30~12:30 Shape up Waist (members only) | 11:30~12:30 Back&Arm wako | 11:30~12:30 Release&Strength Sazuki | 11:30~12:30 Advance (members only) J. | | 11:30~12:30 Pilates Workout (members only) J. | 11:30~12:30 Body Balance (members only) Sazuki |
| 13:00 | Saki 13:00~14:00 Pilates Workout (members only) | J. 13:00~14:00 Basic | 13:00~14:00 Release&Strength Sazuki | 13:00~14:00 Animal Stretch (members only) J. | 13:00~14:00 Back & Spine (members only) Saki | | 13:00~14:00 Stretch&Conditioning Rico | 13:00~14:00 Hip&Leg Azu |
| 14:30 | J. 14:30~15:30 Back & Spine (members only) | 14:30~15:30 Body Balance (members only) Sazuki | 14:30~15:30 Basic wako | 14:30~15:30 Shape up Waist (members only) Sazuki | 14:30~15:30 Body Balance (members only) J. | | 14:30~15:30 Basic Kanna | |
| 17:00 | | 18:00~19:00 Animal Stretch (members only) | | 16:00~17:00 Hip&Leg Azu | 16:00~17:00 Jump to Burn Kanna | | | |
| 18:00 | 18:00~19:00 Pilates Cardio Sazuki | 18:00~19:00 Pilates Cardio Rico | 18:00~19:00 Waist Azu | 17:30~18:30 Pilates Workout (members only) Saki | 17:30~18:30 Stretch&Conditioning Saki | | 18:00~19:00 Hip&Leg Azu | 18:00~19:00 Jump to Burn Kanna |
| 19:30 | 19:30~20:30 Basic wako | 19:30~20:30 Back&Arm wako | 19:30~20:30 Jump to Burn Kanna | 19:00~20:00 Body Balance (members only) J. | 19:00~20:00 Waist Kanna | | 19:30~20:30 Shape up Waist (members only) Sazuki | 19:30~20:30 Back&Arm wako |
| 21:00 | 21:00~22:00 Body Balance (members only) Sazuki | 21:00~22:00 Hip Punch (members only) Rico | 21:00~22:00 Hip&Leg Azu | | | | 21:00~22:00 Basic Azu | 21:00~22:00 Basic Kanna |

| | 8月24日(木) | 8月25日(金) | 8月26日(土) | 8月27日(日) | 8月28日(月) | 8月29日(火) | 8月30日(水) | 8月31日(木) |
|-------|--|---|---|---|----------|---|---|---|
| 10:00 | 10:00~11:00 Pilates Barre Kanna | 10:00~11:00 Release&Strength Sazuki | 10:00~11:00 Back&Arm wako | 10:00~11:00 Shape up Waist (members only) Saki | close | 10:00~11:00 Shape up Waist (members only) Saki | 10:00~11:00 Basic wako | 10:00~11:00 Hip&Leg Azu |
| 11:30 | 11:30~12:30 Hip&Leg Azu | 11:30~12:30 Basic Kanna | 11:30~12:30 Animal Stretch (members only) Sazuki | 11:30~12:30 Body Balance (members only) Sazuki | | 11:30~12:30 Basic wako | 11:30~12:30 Hip&Leg Azu | 11:30~12:30 Pilates Barre Saki |
| 13:00 | 13:00~14:00 Back&Arm wako | 13:00~14:00 Pilates Cardio Sazuki | 13:00~14:00 Hip&Leg Yume | 13:00~14:00 Basic wako | | 13:00~14:00 Pilates Barre Saki | 13:00~14:00 Back&Arm wako | 13:00~14:00 Basic Azu |
| 14:30 | 14:30~15:30 Hip&Leg Azu | 14:30~15:30 Waist Kanna | 14:30~15:30 Pilates Cardio Sazuki | 14:30~15:30 Back & Spine (members only) Saki | | 14:30~15:30 Basic wako | 14:30~15:30 Waist Azu | 14:30~15:30 Advance (members only) Saki |
| 17:00 | | | 16:00~17:00 Basic wako | 16:00~17:00 Animal Stretch (members only) Sazuki | | | | |
| 18:00 | 18:00~19:00 Pilates Workout (members only) Saki | 18:00~19:00 Back & Spine (members only) Riri | 17:30~18:30 Hip Punch (members only) Saki | 17:30~18:30 Back&Arm wako | | 18:00~19:00 Pilates Cardio Sazuki | 18:00~19:00 Hip Punch (members only) Rico | 18:00~19:00 Basic Sazuki |
| 19:30 | 19:30~20:30 Body Balance (members only) Sazuki | 19:30~20:30 Basic wako | 19:00~20:00 Waist Yume | 19:00~20:00 Basic Sazuki | | 19:30~20:30 Hip&Leg Azu | 19:30~20:30 Back & Spine (members only) Yume | 19:30~20:30 Shape up Waist (members only) Naco |
| 21:00 | 21:00~22:00 Stretch&Conditioning Saki | 21:00~22:00 Advance (members only) Chinatsu | | | | 21:00~22:00 Release&Strength Sazuki | 21:00~22:00 Pilates Barre Rico | 21:00~22:00 Basic Sazuki |

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）