



pilates

pilates K 立川店 Lesson Schedule

更新日2023/7/23

2023/7/1~2023/7/15

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

| | 7月9日(日) | 7月10日(月) | 7月11日(火) | 7月12日(水) | 7月13日(木) | 7月14日(金) | 7月15日(土) | |
|-------------|-------------------------------------------------------|----------|-------------------------------------------------------|--------------------------------------------------------|-------------------------------------------------------|-----------------------------------------------|---------------------------------------------------------|-------------------------------------------------------|
| 10:30 | 10:30~11:30 Hip Punch (members only) honoka | close | 10:30~11:30 Hip&Leg Riri | 10:30~11:30 Animal Stretch (members only) Mii | 10:30~11:30 Jump to Burn Mii | 10:30~11:30 Basic Kurumi | 10:30~11:30 Back&Arm Riri | |
| 12:00 | 12:00~13:00 Body Balance (members only) Riri | | 12:00~13:00 Back & Spine (members only) Riri | 12:00~13:00 Stretch&Conditioning honoka | 12:00~13:00 Basic Kurumi | 12:00~13:00 Hip&Leg Riri | 12:00~13:00 Basic miyuki | 12:00~13:00 Basic miyuki |
| 13:30 | 13:30~14:30 Waist 未確定 | | 13:30~14:30 Basic Kurumi | 13:30~14:30 Waist 未確定 | | 13:30~14:30 Pilates Barre Mii | 13:30~14:30 Body Balance (members only) Riri | 13:30~14:30 Hip&Leg Riri |
| 15:00 | 15:00~16:00 Hip&Leg Riri | | | | | | | 15:00~16:00 Body Balance (members only) Riri |
| 16:30~17:30 | 16:30~17:30 Basic Kurumi | | | | | | | 16:30~17:30 Basic miyuki |
| 17:00 | | | | | | | | |
| 18:00 | | | | 18:00~19:00 Basic miyuki | 18:00~19:00 Back & Spine (members only) Riri | 18:00~19:00 Basic honoka | 18:00~19:00 Waist honoka | 18:30~19:30 Basic Kurumi |
| 19:30 | | | | 19:30~20:30 Jump to Burn Mii | 19:30~20:30 Basic Kurumi | 19:30~20:30 Hip&Leg 未確定 | 19:30~20:30 Release&Strength Riri | |
| 21:00 | | | | 17:30~18:30 Hip Punch (members only) honoka | 21:00~22:00 Pilates Cardio Riri | 21:00~22:00 Stretch&Conditioning honoka | 21:00~22:00 Pilates Workout (members only) Mii | |

- ・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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2023/7/16~2023/7/31

| | 7月16日(日) | 7月17日(月) | 7月18日(火) | 7月19日(水) | 7月20日(木) | 7月21日(金) | 7月22日(土) | 7月23日(日) |
|-------|---------------------------------------------------------|----------|------------------------------------------------------|---------------------------------------------------------|--------------------------------------------------------|-------------------------------------------------|---------------------------------------------------------|--------------------------------------------------------|
| 10:30 | 10:30~11:30 Stretch&Conditioning honoka | close | 10:30~11:30 Basic miyuki | 10:30~11:30 Release&Strength Riri | 10:30~11:30 Hip&Leg Riri | 10:30~11:30 Back&Arm Riri | 10:30~11:30 Pilates Workout (members only) Mii | 10:30~11:30 Back & Spine (members only) Riri |
| 12:00 | 12:00~13:00 Basic miyuki | | 12:00~13:00 Hip&Leg Riri | 12:00~13:00 Pilates Workout (members only) Mii | 12:00~13:00 Back&Arm Riri | 12:00~13:00 Basic Yachi | 12:00~13:00 Waist honoka | 12:00~13:00 Pilates Cardio Mii |
| 13:30 | 13:30~14:30 Pilates Workout (members only) Mii | | 13:30~14:30 Waist Riri | 13:30~14:30 Basic miyuki | 13:30~14:30 Basic Kurumi | 13:30~14:30 Hip&Leg Riri | 13:30~14:30 Basic Kurumi | 13:30~14:30 Hip Punch (members only) Riri |
| 15:00 | 15:00~16:00 Waist honoka | | | | | | 15:00~16:00 Stretch&Conditioning honoka | 15:00~16:00 Basic miyuki |
| 17:00 | 16:30~17:30 Advance (members only) Mii | | | | | | 16:30~17:30 Basic miyuki | 16:30~17:30 Animal Stretch (members only) Mii |
| 18:00 | | | 18:00~19:00 Stretch&Conditioning honoka | 18:00~19:00 Basic Yachi | 18:00~19:00 Back & Spine (members only) Riri | 18:00~19:00 Waist honoka | 18:30~19:30 Body Balance (members only) Mii | |
| 19:30 | | | 19:30~20:30 Basic Yachi | 19:30~20:30 Hip&Leg Kurumi | 19:30~20:30 Animal Stretch (members only) Mii | 19:30~20:30 Basic miyuki | | |
| 21:00 | | | 21:00~22:00 Hip Punch (members only) honoka | 21:00~22:00 Waist honoka | 21:00~22:00 Basic Yachi | 21:00~22:00 Advance (members only) Mii | | |

| | 7月24日(月) | 7月25日(火) | 7月26日(水) | 7月27日(木) | 7月28日(金) | 7月29日(土) | 7月30日(日) | 7月31日(月) |
|-------|----------|-------------------------------------------------|--------------------------------------------------------|-------------------------------------------------------|--------------------------------------------------------|-------------------------------------------------------|--------------------------------------------------------|----------|
| 10:30 | close | 10:30~11:30 Advance (members only) Mii | 10:30~11:30 Basic Yachi | 10:30~11:30 Waist Mii | 10:30~11:30 Pilates Barre Mii | 10:30~11:30 Release&Strength Riri | 10:30~11:30 Basic Kurumi | close |
| 12:00 | | 12:00~13:00 Basic Yachi | 12:00~13:00 Hip&Leg Riri | 12:00~13:00 Pilates Cardio Mii | 12:00~13:00 Waist miyuki | 12:00~13:00 Basic Yachi | 12:00~13:00 Jump to Burn Mii | |
| 13:30 | | 13:30~14:30 Release&Strength Riri | 13:30~14:30 Waist honoka | 13:30~14:30 Basic miyuki | 13:30~14:30 Stretch&Conditioning honoka | 13:30~14:30 Pilates Cardio Mii | 13:30~14:30 Shape up Waist (members only) 未確定 | |
| 15:00 | | | | | | 15:00~16:00 Waist miyuki | 15:00~16:00 Pilates Barre Mii | |
| 17:00 | | | | | | 16:30~17:30 Body Balance (members only) Riri | 16:30~17:30 Advance (members only) Mii | |
| 18:00 | | | 18:00~19:00 Animal Stretch (members only) Mii | 18:00~19:00 Release&Strength Riri | 18:00~19:00 Shape up Waist (members only) 未確定 | 18:00~19:00 Basic Kurumi | 18:30~19:30 Hip Punch (members only) Riri | |
| 19:30 | | | 19:30~20:30 Hip&Leg Riri | 19:30~20:30 Jump to Burn Mii | 19:30~20:30 Basic Kurumi | 19:30~20:30 Back & Spine (members only) Riri | | |
| 21:00 | | | 21:00~22:00 Waist honoka | 21:00~22:00 Body Balance (members only) Riri | 21:00~22:00 Back&Arm Riri | 21:00~22:00 Hip&Leg Kurumi | | |

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）