



pilates

# pilates K 池袋店 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)
10:30	10:00~11:00 Pilates Cardio misaki	10:00~11:00 Waist misaki	10:00~11:00 Hip&Leg misaki	10:00~11:00 Pilates Workout (members only) Momo	10:00~11:00 Hip Punch (members only) J.	10:00~11:00 Stretch&Conditioning Kaho	Close	10:00~11:00 Pilates Barre Ako
12:00	11:30~12:30 Back&Arm mayumi	11:30~12:30 Body Balance (members only) Ako	11:30~12:30 Stretch&Conditioning Kaho	11:30~12:30 Basic Kaho	11:30~12:30 Release&Strength Kaho	11:30~12:30 Waist Ako		11:30~12:30 Basic anna
13:30	13:00~14:00 Hip&Leg anna	13:00~14:00 Jump to Burn Eri	13:00~14:00 Animal Stretch (members only) misaki	13:00~14:00 Release&Strength Momo	13:00~14:00 Pilates Workout (members only) J.	13:00~14:00 Back&Arm mayumi		13:00~14:00 Back&Spine (members only) Ako
15:00	14:30~15:30 Basic mayumi	18:00~19:00 Basic mayumi	18:00~19:00 Hip&Leg Ako	14:30~15:30 Shape up Waist (members only) meiko	14:30~15:30 Basic anna	14:30~15:30 Body Balance (members only) Ako		14:30~15:30 Hip&Leg anna
17:00	18:00~19:00 Back&Spine (members only) Ako			16:00~17:00 Advance (members only) Chinatsu	16:00~17:00 Jump to Burn misaki	17:30~18:30 Pilates Cardio misaki		18:00~19:00 Waist misaki
18:00	19:30~20:30 Shape up Waist (members only) Kaho			19:30~20:30 Pilates Cardio Ako	19:30~20:30 Basic mayumi	19:30~20:30 Advance (members only) Ako		19:00~20:00 Animal Stretch (members only) misaki
19:30	21:00~22:00 Pilates Barre Ako	21:00~22:00 Back&Arm mayumi	21:00~22:00 Body Balance (members only) Ako	21:00~22:00 Hip&Leg anna				21:00~22:00 Jump to Burn misaki

	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)
10:30	10:00~11:00 Hip&Leg anna	10:00~11:00 Back&Spine (members only) Chinatsu	10:00~11:00 Pilates Cardio Ako	10:00~11:00 Back&Arm mayumi	10:00~11:00 Jump to Burn anna	Close	10:00~11:00 Animal Stretch (members only) misaki
12:00	11:30~12:30 Shape up Waist (members only) Ako	11:30~12:30 Basic anna	11:30~12:30 Jump to Burn anna	11:30~12:30 Body Balance (members only) Ako	11:30~12:30 Release&Strength hoa		11:30~12:30 Basic anna
13:30	13:00~14:00 Basic anna	13:00~14:00 Hip Punch (members only) Chinatsu	13:00~14:00 Pilates Barre Ako	13:00~14:00 Basic mayumi	13:00~14:00 Back&Arm mayumi		13:00~14:00 Pilates Workout (members only) misaki
15:00	18:00~19:00 Release&Strength mayumi	14:30~15:30 Hip&Leg anna	14:30~15:30 Basic Kaho	14:30~15:30 Shape up Waist (members only) Ako	14:30~15:30 Hip&Leg hoa		14:30~15:30 Body Balance (members only) Kaho
17:00		16:00~17:00 Animal Stretch (members only) misaki	16:00~17:00 Basic mayumi	16:00~17:00 Hip&Leg misaki	16:00~17:00 Basic mayumi		17:30~18:30 Pilates Workout (members only) misaki
18:00		17:30~18:30 Body Balance (members only) Kaho	17:30~18:30 Waist Kaho	17:30~18:30 Pilates Cardio misaki	19:00~20:00 Back&Spine (members only) Kaho		18:00~19:00 Hip&Leg Ako
19:30	19:30~20:30 Animal Stretch (members only) misaki	19:30~20:30 Stretch&Conditioning Kaho	19:00~20:00 Waist misaki	19:00~20:00 Pilates Cardio misaki			19:30~20:30 Basic mayumi
21:00	21:00~22:00 Back&Spine (members only) Kaho	21:00~22:00 Shape up Waist (members only) Saki					21:00~22:00 Advance (members only) Ako

- ・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)
10:30	10:00~11:00 Waist misaki	10:00~11:00 Basic anna	10:00~11:00 Back & Spine (members only) Kaho	10:00~11:00 Stretch&Conditioning Kaho	10:00~11:00 Pilates Cardio misaki	Close	10:00~11:00 Shape up Waist (members only) Ako	10:00~11:00 Back&Arm mayumi
12:00	11:30~12:30 Basic anna	11:30~12:30 Pilates Workout (members only) misaki	11:30~12:30 Advance (members only) Saki	11:30~12:30 Jump to Burn anna	11:30~12:30 Body Balance (members only) Kaho		11:30~12:30 Release&Strength mayumi	11:30~12:30 Pilates Cardio Ako
13:30	13:00~14:00 Animal Stretch (members only) misaki	13:00~14:00 Hip&Leg anna	13:00~14:00 Waist misaki	13:00~14:00 Back&Arm Kaho	13:00~14:00 Animal Stretch (members only) misaki		13:00~14:00 Body Balance (members only) Ako	13:00~14:00 Hip&Leg misaki
15:00	14:30~15:30 Jump to Burn anna	14:30~15:30 Waist misaki	14:30~15:30 Hip Punch (members only) Saki	14:30~15:30 Shape up Waist (members only) Ako	14:30~15:30 Jump to Burn anna		14:30~15:30 Back&Arm mayumi	
17:00				16:00~17:00 Basic mayumi	16:00~17:00 Hip&Leg Ako			
18:00	18:00~19:00 Basic mayumi	18:00~19:00 Pilates Barre Ako	18:00~19:00 Release&Strength mayumi	17:30~18:30 Back & Spine (members only) Ako	17:30~18:30 Basic anna		18:00~19:00 Basic anna	18:00~19:00 Pilates Workout (members only) misaki
19:30	19:30~20:30 Shape up Waist (members only) Kaho	19:30~20:30 Basic mayumi	19:30~20:30 Pilates Cardio Ako	19:00~20:00 Release&Strength mayumi	19:00~20:00 Shape up Waist (members only) Ako		19:30~20:30 Back & Spine (members only) Kaho	19:30~20:30 Hip&Leg anna
21:00	21:00~22:00 Back&Arm mayumi	21:00~22:00 Body Balance (members only) Ako	21:00~22:00 Basic mayumi				21:00~22:00 Jump to Burn anna	21:00~22:00 Waist Kaho

	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)
10:30	10:00~11:00 Advance (members only) Ako	10:00~11:00 Basic mayumi	10:00~11:00 Back&Arm mayumi	10:00~11:00 Back & Spine (members only) Kaho	Close	10:00~11:00 Hip Punch (members only) Saki	10:00~11:00 Pilates Barre Saki	10:00~11:00 Release&Strength mayumi
12:00	11:30~12:30 Animal Stretch (members only) misaki	11:30~12:30 Hip&Leg Ako	11:30~12:30 Body Balance (members only) Kaho	11:30~12:30 Shape up Waist (members only) meiko		11:30~12:30 Stretch&Conditioning Kaho	11:30~12:30 Jump to Burn anna	11:30~12:30 Hip Punch (members only) Saki
13:30	13:00~14:00 Back&Spine (members only) Ako	13:00~14:00 Back&Arm mayumi	13:00~14:00 Release&Strength mayumi	13:00~14:00 Basic Kaho		13:00~14:00 Basic Saki	13:00~14:00 Shape up Waist (members only) Saki	13:00~14:00 Back&Arm mayumi
15:00	14:30~15:30 Waist misaki	14:30~15:30 Pilates Barre Ako	14:30~15:30 Hip&Leg anna	14:30~15:30 Waist misaki		14:30~15:30 Hip&Leg anna	14:30~15:30 Back & Spine (members only) Chinatsu	14:30~15:30 Body Balance (members only) Kaho
17:00			16:00~17:00 Waist misaki	16:00~17:00 Pilates Workout (members only) meiko		18:00~19:00 Back&Arm mayumi	18:00~19:00 Basic anna	18:00~19:00 Pilates Cardio misaki
18:00	18:00~19:00 Basic anna	18:00~19:00 Jump to Burn anna	19:00~20:00 Pilates Cardio misaki	17:30~18:30 Release&Strength mayumi		19:30~20:30 Pilates Workout (members only) misaki	19:30~20:30 Basic anna	19:30~20:30 Hip&Leg Ako
19:30	19:30~20:30 Body Balance (members only) Kaho	19:30~20:30 Animal Stretch (members only) misaki		19:00~20:00 Hip&Leg misaki		21:00~22:00 Basic mayumi	21:00~22:00 Waist misaki	21:00~22:00 Animal Stretch (members only) misaki
21:00	21:00~22:00 Hip&Leg anna	21:00~22:00 Basic anna				21:00~22:00 Basic mayumi	21:00~22:00 Jump to Burn anna	

## 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）