



pilates

pilates K 天王寺店 Lesson Schedule

更新日2023/9/23

2023/9/1~2023/9/15

	9月1日(金)	9月2日(土)	9月3日(日)	9月4日(月)	9月5日(火)	9月6日(水)	9月7日(木)	9月8日(金)	
10:30	10:30~11:30 Back & Spine (members only) mami	10:30~11:30 Waist mami	10:30~11:30 Stretch&Conditioning miho	close	10:30~11:30 Advance (members only) moa	10:30~11:30 Hip Punch (members only) miho	10:30~11:30 Back&Arm Kei	10:30~11:30 Basic mami	
12:00	12:00~13:00 base to neutral (members only) miho	12:00~13:00 Hip&Leg Kei	12:00~13:00 Shape up Waist (members only) erina		12:00~13:00 Basic miho	12:00~13:00 Back&Arm Kei	12:00~13:00 Pilates Workout (members only) Luna	12:00~13:00 Hip&Leg Kei	12:00~13:00 Hip&Leg Kei
13:30	13:30~14:30 Waist mami	13:30~14:30 Pilates Barre mami	13:30~14:30 Animal Stretch (members only) miho		13:30~14:30 Release&Strength moa	13:30~14:30 Basic miho	13:30~14:30 Hip&Leg Kei	13:30~14:30 Hip&Leg Kei	13:30~14:30 Back & Spine (members only) mami
15:00	15:00~16:00 Basic yun	15:00~16:00 Basic yun	15:00~16:00 Basic erina						
17:00	16:30~17:30 Back&Arm Kei	16:30~17:30 Back&Arm Kei	16:30~17:30 Body Balance (members only) miho						
18:00	18:00~19:00 Basic yun	18:00~19:00 Pilates Cardio yun			18:00~19:00 Back&Arm Kei	18:00~19:00 Hip&Leg Kei	18:00~19:00 Basic mami	18:00~19:00 Basic mami	18:00~19:00 base to neutral (members only) miho
19:30	19:30~20:30 Hip Punch (members only) miho				19:30~20:30 Body Balance (members only) miho	19:30~20:30 Pilates Barre mami	19:30~20:30 Shape up Waist (members only) Luna	19:30~20:30 Shape up Waist (members only) Luna	19:30~20:30 Basic yun
21:00	21:00~22:00 Jump to Burn yun				21:00~22:00 Hip&Leg Kei	21:00~22:00 Back & Spine (members only) mami	21:00~22:00 Pilates Barre mami	21:00~22:00 Pilates Barre mami	21:00~22:00 Animal Stretch (members only) miho

	9月9日(土)	9月10日(日)	9月11日(月)	9月12日(火)	9月13日(水)	9月14日(木)	9月15日(金)	
10:30	10:30~11:30 Animal Stretch (members only) miho	10:30~11:30 Pilates Cardio yun	close	10:30~11:30 Hip&Leg Kei	10:30~11:30 Stretch&Conditioning miho	10:30~11:30 Back & Spine (members only) mami	10:30~11:30 Waist mami	
12:00	12:00~13:00 Release&Strength Ryon	12:00~13:00 Back&Arm Kei		12:00~13:00 Pilates Barre mami	12:00~13:00 Basic mami	12:00~13:00 Basic mami	12:00~13:00 Back&Arm Kei	12:00~13:00 Basic yun
13:30	13:30~14:30 Basic yun	13:30~14:30 Jump to Burn yun		13:30~14:30 Back&Arm Kei	13:30~14:30 Body Balance (members only) miho	13:30~14:30 Body Balance (members only) miho	13:30~14:30 Waist mami	13:30~14:30 Hip&Leg mami
15:00	15:00~16:00 Advance (members only) Ryon	15:00~16:00 Hip&Leg Kei						
17:00	16:30~17:30 Jump to Burn yun	16:30~17:30 Basic yun			18:00~19:00 Hip Punch (members only) miho	18:00~19:00 Basic yun	18:00~19:00 Jump to Burn yun	18:00~19:00 Shape up Waist (members only) Luna
18:00	18:30~19:30 make neutral WS (members only) mami				19:30~20:30 Waist mami	19:30~20:30 Pilates Cardio yun	19:30~20:30 Pilates Barre mami	19:30~20:30 Stretch&Conditioning miho
19:30					21:00~22:00 base to neutral (members only) miho	21:00~22:00 Hip&Leg Kei	21:00~22:00 Basic yun	21:00~22:00 Pilates Workout (members only) Luna

- ・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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2023/9/16~2023/9/30

	9月16日(土)	9月17日(日)	9月18日(月)	9月19日(火)	9月20日(水)	9月21日(木)	9月22日(金)	9月23日(土)	
10:30	10:30~11:30 Release&Strength Reona	10:30~11:30 Body Balance (members only) miho	close	10:30~11:30 Basic yun	10:30~11:30 Pilates Workout (members only) Reona	10:30~11:30 Waist mami	10:30~11:30 Body Balance (members only) miho	10:30~11:30 Hip Punch (members only) miho	
12:00	12:00~13:00 base to neutral (members only) miho	12:00~13:00 Advance (members only) Reona		12:00~13:00 Back & Spine (members only) mami	12:00~13:00 Release&Strength Reona	12:00~13:00 Hip&Leg Kei	12:00~13:00 miho	12:00~13:00 Back&Arm Kei	12:00~13:00 Pilates Cardio yun
13:30	13:30~14:30 Pilates Cardio yun	13:30~14:30 Basic yun		13:30~14:30 Jump to Burn yun	13:30~14:30 make neutral WS (members only) mami	13:30~14:30 Pilates Barre mami	13:30~14:30 base to neutral (members only) miho	13:30~14:30 Basic mami	13:30~14:30 Body Balance (members only) miho
15:00	15:00~16:00 Shape up Waist (members only) Reona	15:00~16:00 Release&Strength Reona		15:00~16:00 Shape up Waist (members only) yun	15:00~16:00 Advance (members only) Sakura	15:00~16:00 Body Balance (members only) miho	15:00~16:00 Basic yun	15:00~16:00 Waist mami	15:00~16:00 Shape up Waist (members only) yun
17:00	16:30~17:30 Basic yun	16:30~17:30 Back & Spine (members only) mami		16:30~17:30 Basic yun	16:30~17:30 Basic mami	16:30~17:30 Hip&Leg kei	16:30~17:30 Animal Stretch (members only) miho	16:30~17:30 Release&Strength mami	16:30~17:30 Basic mami
18:00	18:30~19:30 Body Balance (members only) miho	18:30~19:30 Pilates Workout (members only) miho		18:00~19:00 Advance (members only) Sakura	18:00~19:00 Basic yun	18:00~19:00 Hip&Leg Kei	18:00~19:00 Pilates Cardio yun	18:00~19:00 Basic mami	18:00~19:00 Body Balance (members only) miho
19:30	19:30~20:30 Pilates Workout (members only) miho	19:30~20:30 Pilates Workout (members only) miho		19:30~20:30 Basic mami	19:30~20:30 Basic yun	19:30~20:30 Hip&Leg Kei	19:30~20:30 Back&Arm Kei	19:30~20:30 Animal Stretch (members only) miho	19:30~20:30 Pilates Cardio yun
21:00	21:00~22:00 Shape up Waist (members only) Sakura	21:00~22:00 Hip&Leg Kei		21:00~22:00 Shape up Waist (members only) Sakura	21:00~22:00 base to neutral (members only) Sakura	21:00~22:00 Hip Punch (members only) miho	21:00~22:00 Pilates Cardio yun	21:00~22:00 Basic mami	21:00~22:00 Pilates Cardio yun

	9月24日(日)	9月25日(月)	9月26日(火)	9月27日(水)	9月28日(木)	9月29日(金)	9月30日(土)	
10:30	10:30~11:30 Basic miho	close	10:30~11:30 Shape up Waist (members only) yun	10:30~11:30 Hip&Leg Kei	10:30~11:30 Hip Punch (members only) miho	10:30~11:30 Pilates Barre mami	10:30~11:30 Body Balance (members only) miho	
12:00	12:00~13:00 Pilates Workout (members only) Kei		12:00~13:00 Basic 未定	12:00~13:00 Back&Arm Kei	12:00~13:00 Basic yun	12:00~13:00 Hip&Leg Kei	12:00~13:00 Pilates Cardio yun	12:00~13:00 Pilates Cardio yun
13:30	13:30~14:30 Waist miho		13:30~14:30 Release&Strength mami	13:30~14:30 Basic 未定	13:30~14:30 Basic yun	13:30~14:30 Waist miho	13:30~14:30 Back & Spine (members only) mami	13:30~14:30 Stretch&Conditioning miho
15:00	15:00~16:00 Back&Arm Kei		15:00~16:00 Pilates Workout (members only) Kei	15:00~16:00 Pilates Workout (members only) Kei	15:00~16:00 Pilates Workout (members only) Kei	15:00~16:00 Pilates Workout (members only) Kei	15:00~16:00 Pilates Workout (members only) Kei	15:00~16:00 Pilates Workout (members only) Kei
17:00	16:30~17:30 Hip Punch (members only) miho		16:30~17:30 Hip Punch (members only) miho	16:30~17:30 Hip Punch (members only) miho	16:30~17:30 Hip Punch (members only) miho	16:30~17:30 Hip Punch (members only) miho	16:30~17:30 Hip Punch (members only) miho	16:30~17:30 Hip Punch (members only) miho
18:00	18:00~19:00 Back&Arm Kei		18:00~19:00 Back&Arm Kei	18:00~19:00 Advance (members only) Sakura	18:00~19:00 Advance (members only) Sakura	18:00~19:00 Release&Strength mami	18:00~19:00 Animal Stretch (members only) miho	18:00~19:00 Animal Stretch (members only) miho
19:30	19:30~20:30 Back & Spine (members only) mami		19:30~20:30 Back & Spine (members only) mami	19:30~20:30 Basic miho	19:30~20:30 Basic miho	19:30~20:30 Jump to Burn yun	19:30~20:30 Shape up Waist (members only) yun	19:30~20:30 Basic mami
21:00	21:00~22:00 Hip&Leg Kei		21:00~22:00 Hip&Leg Kei	21:00~22:00 Hip&Leg Kei	21:00~22:00 base to neutral (members only) Sakura	21:00~22:00 Hip Punch (members only) miho	21:00~22:00 Stretch&Conditioning miho	21:00~22:00 Stretch&Conditioning miho

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）