



pilates

# pilates K 銀座店 Lesson Schedule

更新日2023/8/15

## 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)	
10:00	10:00~11:00 Pilates Barre Kanna	10:00~11:00 Body Balance (members only) Sazuki	10:00~11:00 Back&Arm wako	close	10:00~11:00 Shape up Waist (members only) J.	10:00~11:00 Hip&Leg Azu	10:00~11:00 Waist Kanna	10:00~11:00 Animal Strech (members only) Sazuki	
11:30	11:30~12:30 Pilates Cardio Sazuki	11:30~12:30 Basic wako	11:30~12:30 Stretch&Conditioning Saki		11:30~12:30 Basic Sazuki	11:30~12:30 Body Balance (members only) Sazuki	11:30~12:30 Hip&Leg Azu	11:30~12:30 Jump to Burn Kanna	
13:00	13:00~14:00 Basic Kanna	13:00~14:00 Shape up Waist (members only) Sazuki	13:00~14:00 Basic wako		13:00~14:00 Hip Punch (members only) J.	13:00~14:00 Hip&Leg Azu	13:00~14:00 Basic Kanna	13:00~14:00 Release&Strength Sazuki	
14:30	14:30~15:30 Body Balance (members only) Sazuki	14:30~15:30 base to neutral (members only) Azu	14:30~15:30 Hip&Leg Azu		14:30~15:30 Back&Arm Sazuki	14:30~15:30 Shape up Waist (members only) Sazuki	14:30~15:30 base to neutral (members only) Azu	14:30~15:30 Waist Kanna	
17:00			16:00~17:00 Jump to Burn J.						
18:00	18:00~19:00 Back&Spine (members only) J.	16:00~17:00 Basic wako	17:30~18:30 Waist Azu					18:00~19:00 Pilates Workout (members only) J.	18:00~19:00 Basic wako
19:30	19:30~20:30 base to neutral (members only) Saki	17:30~18:30 Pilates Workout (members only) Saki	19:00~20:00 Advance (members only) J.			18:00~19:00 Hip&Leg Azu	18:00~19:00 Jump to Burn Kanna	19:30~20:30 Animal Strech (members only) Sazuki	19:30~20:30 Hip&Leg Azu
21:00	21:00~22:00 Hip Punch (members only) J.	19:00~20:00 Hip&Leg Azu				21:00~22:00 Waist Azu	21:00~22:00 Pilates Barre Kanna	21:00~22:00 Body Balance (members only) J.	21:00~22:00 Back&Arm wako

	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)	
10:00	10:00~11:00 Waist Kanna	10:00~11:00 Basic wako	close	10:00~11:00 Stretch&Conditioning Saki	10:00~11:00 Pilates Barre Kanna	10:00~11:00 Body Balance (members only) Sazuki	10:00~11:00 Back&Arm wako	
11:30	11:30~12:30 Back&Arm wako	11:30~12:30 Pilates Workout (members only) J.		11:30~12:30 Hip&Leg Azu	11:30~12:30 Back & Spine (members only) J.	11:30~12:30 Basic Azu	11:30~12:30 Release&Strength Sazuki	
13:00	13:00~14:00 Basic Azu	13:00~14:00 Waist Kanna		13:00~14:00 Shape up Waist (members only) Saki	13:00~14:00 Pilates Workout (members only) Saki	13:00~14:00 Release&Strength Sazuki	13:00~14:00 Back & Spine (members only) wako	
14:30	14:30~15:30 Advance (members only) J.	14:30~15:30 Release&Strength J.		14:30~15:30 Basic Azu		14:30~15:30 Hip&Leg Azu	14:30~15:30 Body Balance (members only) Sazuki	
17:00	16:00~17:00 Pilates Barre Kanna	16:00~17:00 Hip Punch (members only) Saki			18:00~19:00 Body Balance (members only) Sazuki			
18:00	17:30~18:30 Basic Azu	17:30~18:30 Hip&Leg Azu			18:00~19:00 base to neutral (members only) Azu	18:00~19:00 Back & Spine (members only) J.	18:00~19:00 Hip Punch (members only) Saki	
19:30	19:00~20:00 Pilates Cardio J.	19:00~20:00 make neutral WS (members only) Saki			19:30~20:30 Jump to Burn Kanna	19:30~20:30 Shape up Waist (members only) Sazuki	19:30~20:30 Waist Kanna	
21:00					21:00~22:00 Animal Strech (members only) Sazuki	21:00~22:00 Back&Arm wako	21:00~22:00 Pilates Cardio J.	21:00~22:00 Shape up Waist (members only) 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時間前を切ったの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

# pilates K 銀座店 Lesson Schedule

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)	
10:00	10:00~11:00 Jump to Burn Kanna	10:00~11:00 Back&Arm wako	close	10:00~11:00 Release&Strength J.	10:00~11:00 Back & Spine (members only) wako	10:00~11:00 Hip Punch (members only) Saki	10:00~11:00 Basic wako	10:00~11:00 Release&Strength Sazuki	
11:30	11:30~12:30 Back & Spine (members only) wako	11:30~12:30 Hip Punch (members only) Saki		11:30~12:30 Basic Azu	11:30~12:30 Pilates Cardio J.	11:30~12:30 Pilates Cardio Azu	11:30~12:30 Waist Kanna	11:30~12:30 Pilates Workout (members only) J.	11:30~12:30 Hip&Leg Azu
13:00	13:00~14:00 Waist Kanna	13:00~14:00 Basic Kanna		13:00~14:00 Body Balance (members only) J.	13:00~14:00 Body Balance (members only) Azu	13:00~14:00 make neutral WS (members only) Azu	13:00~14:00 Advance (members only) Saki	13:00~14:00 Back&Arm wako	13:00~14:00 Body Balance (members only) Sazuki
14:30	14:30~15:30 Basic wako	14:30~15:30 Pilates Cardio J.		14:30~15:30 Waist Kanna	14:30~15:30 Waist Kanna		14:30~15:30 Basic Kanna	14:30~15:30 base to neutral (members only) Azu	14:30~15:30 Jump to Burn Kanna
16:00~17:00	16:00~17:00 Shape up Waist (members only) J.	16:00~17:00 Stretch&Conditioning Saki							16:00~17:00 Pilates Barre Saki
17:00	17:30~18:30 Hip&Leg Azu	17:30~18:30 Body Balance (members only) J.		18:00~19:00 Pilates Workout (members only) Saki	18:00~19:00 Animal Stretch (members only) Sazuki	18:00~19:00 Animal Stretch (members only) Sazuki	18:00~19:00 Shape up Waist (members only) Sazuki	18:00~19:00 Pilates Barre Saki	17:30~18:30 Basic Kanna
18:00	19:00~20:00 Animal Stretch (members only) J.	19:00~20:00 base to neutral (members only) Azu		19:30~20:30 Back & Spine (members only) wako	19:30~20:30 Back & Spine (members only) Saki	19:30~20:30 Advance (members only) Saki	19:30~20:30 Back&Arm wako	19:30~20:30 Body Balance (members only) Sazuki	19:00~20:00 Shape up Waist (members only) Saki
19:30				21:00~22:00 Stretch&Conditioning Saki	21:00~22:00 Basic Kanna	21:00~22:00 Basic Kanna	21:00~22:00 Release&Strength Sazuki	21:00~22:00 Back & Spine (members only) Saki	

	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)	
10:00	10:00~11:00 Hip&Leg Azu	close	10:00~11:00 base to neutral (members only) Saki	10:00~11:00 Back&Arm wako	10:00~11:00 Basic Kanna	10:00~11:00 Shape up Waist (members only) Sazuki	10:00~11:00 Hip&Leg Azu	
11:30	11:30~12:30 Pilates Barre Saki		11:30~12:30 Stretch&Conditioning Saki	11:30~12:30 Body Balance (members only) Sazuki	11:30~12:30 Release&Strength Sazuki	11:30~12:30 Sazuki	11:30~12:30 Hip&Leg Kanna	11:30~12:30 Waist Kanna
13:00	13:00~14:00 Hip&Leg Azu		13:00~14:00 Hip&Leg Saki	13:00~14:00 Basic wako	13:00~14:00 Basic wako	13:00~14:00 Jump to Burn Kanna	13:00~14:00 Saki	13:00~14:00 Back&Arm wako
14:30	14:30~15:30 Shape up Waist (members only) Saki		14:30~15:30 Hip&Leg Saki	14:30~15:30 Hip Punch (members only) Saki	14:30~15:30 Hip Punch (members only) Saki	14:30~15:30 Body Balance (members only) Sazuki	14:30~15:30 Animal Stretch (members only) Sazuki	14:30~15:30 Basic Kanna
16:00~17:00	16:00~17:00 Basic wako		14:30~15:30 Release&Strength Sazuki				14:30~15:30 Back & Spine (members only) Saki	16:00~17:00 make neutral WS (members only) Azu
17:00	17:30~18:30 Pilates Workout (members only) Sazuki					18:00~19:00 Hip&Leg J.		17:30~18:30 Pilates Cardio Sazuki
18:00	19:00~20:00 Back & Spine (members only) wako			18:00~19:00 Pilates Cardio J.	18:00~19:00 Waist Kanna	19:30~20:30 Pilates Workout (members only) Saki	18:00~19:00 base to neutral (members only) Azu	19:00~20:00 Advance (members only) Saki
19:30				19:30~20:30 Basic wako	19:30~20:30 Release&Strength Sazuki	21:00~22:00 Hip Punch (members only) J.	19:30~20:30 Basic Kanna	
21:00				21:00~22:00 Hip&Leg J.	21:00~22:00 Jump to Burn Kanna		21:00~22:00 Hip&Leg Azu	

**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）