



pilates

pilates K 横浜店 Lesson Schedule

更新日2023/8/5

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 | 10:30~11:30 Hip&Leg Ruuna | 10:30~11:30 Back&Arm Sana | 10:30~11:30 Basic Yumi | 10:30~11:30 Waist yuki | 10:30~11:30 Body Balance (members only) Sana | 10:30~11:30 Hip&Leg Ruuna | close | 10:30~11:30 Pilates Workout (members only) Rika |
| 12:00 | 12:00~13:00 Basic yuki | 12:00~13:00 Shape up Waist (members only) Rika | 12:00~13:00 Pilates Cardio Sana | 12:00~13:00 Release&Strength Yumi | 12:00~13:00 Waist yuki | 12:00~13:00 Waist Yumi | | 12:00~13:00 Hip&Leg Ruuna |
| 13:30 | 13:30~14:30 Body Balance (members only) Sana | 13:30~14:30 Pilates Barre Sana | 13:30~14:30 Hip&Leg Yumi | 13:30~14:30 Basic yuki | 13:30~14:30 Hip Punch (members only) Rika | 13:30~14:30 Basic Ruuna | | 13:30~14:30 Stretch&Conditioning Rika |
| 15:00 | | | | | 15:00~16:00 Pilates Barre Sana | 15:00~16:00 Back & Spine (members only) Rika | | |
| 17:00 | | | | | 16:30~17:30 Basic yuki | 16:30~17:30 Release&Strength Yumi | | |
| 18:00 | 18:00~19:00 Back & Spine (members only) Rika | 18:00~19:00 Basic Yumi | 18:00~19:00 Waist Yumi | 18:00~19:00 Hip&Leg Ruuna | 18:30~19:30 Shape up Waist (members only) Rika | | | 18:00~19:00 Waist yuki |
| 19:30 | 19:30~20:30 Hip&Leg Yumi | 19:30~20:30 Animal Strech (members only) Rika | 19:30~20:30 Back&Arm Sana | 19:30~20:30 Pilates Cardio Sana | | | | 19:30~20:30 Body Balance (members only) Sana |
| 21:00 | 21:00~22:00 Stretch&Conditioning Rika | 21:00~22:00 Waist Yumi | 21:00~22:00 Advance (members only) Rika | 21:00~22:00 Basic Ruuna | | | | 21:00~22:00 Basic yuki |

| | 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 | 10:30~11:30 Basic Ruuna | 10:30~11:30 Animal Strech (members only) Rika | 10:30~11:30 Back&Arm Sana | 10:30~11:30 Basic Ruuna | 10:30~11:30 Pilates Barre Sana | close | 10:30~11:30 Basic yuki |
| 12:00 | 12:00~13:00 Advance (members only) Rika | 12:00~13:00 Basic Ruuna | 12:00~13:00 Waist yuki | 12:00~13:00 Body Balance (members only) Sana | 12:00~13:00 Basic yuki | | 12:00~13:00 Pilates Cardio Sana |
| 13:30 | 13:30~14:30 Hip&Leg Ruuna | 13:30~14:30 Back & Spine (members only) Rika | 13:30~14:30 Release&Strength Yumi | 13:30~14:30 Waist Yumi | 13:30~14:30 Jump to Burn Ruuna | | 13:30~14:30 Waist yuki |
| 15:00 | | | 15:00~16:00 Pilates Cardio Sana | 15:00~16:00 Jump to Burn Ruuna | 15:00~16:00 Waist yuki | | |
| 17:00 | | | 16:30~17:30 Basic yuki | 16:30~17:30 Hip&Leg Yumi | 16:30~17:30 Pilates Workout (members only) Rika | | |
| 18:00 | 18:00~19:00 Body Balance (members only) Sana | 18:00~19:00 Release&Strength Yumi | 18:30~19:30 Hip&Leg Yumi | 18:30~19:30 Basic Sana | | | 18:00~19:00 Back & Spine (members only) Rika |
| 19:30 | 19:30~20:30 Basic yuki | 19:30~20:30 Waist yuki | | | | | 19:30~20:30 Basic Ruuna |
| 21:00 | 21:00~22:00 Hip&Leg Yumi | 21:00~22:00 Basic Yumi | | | | | 21:00~22:00 Shape up Waist (members only) Rika |

・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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2023/8/16~2023/8/31

| | 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 | 10:30~11:30 Waist yuki | 10:30~11:30 Pilates Barre Sana | 10:30~11:30 Basic Ruuna | 10:00~11:00 Jump to Burn Ruuna | 10:00~11:00 Release&Strength Yumi | close | 10:30~11:30 Back&Arm yuki | 10:30~11:30 Basic Yumi |
| 12:00 | 12:00~13:00 Pilates Workout (members only) | 12:00~13:00 Waist yuki | 12:00~13:00 Pilates Cardio Sana | 11:30~12:30 Basic Ruuna | 11:30~12:30 Back&Arm yuki | | 12:00~13:00 Release&Strength Yumi | 12:00~13:00 Back & Spine (members only) |
| 13:30 | Rika 13:30~14:30 Back&Arm yuki | 13:30~14:30 Body Balance (members only) Sana | 13:30~14:30 Hip&Leg Ruuna | 13:00~14:00 Animal Strech (members only) Rika | 13:00~14:00 Basic Ruuna | | 13:30~14:30 Basic yuki | Rika 13:30~14:30 Hip&Leg Yumi |
| 15:00 | | | | 14:30~15:30 Hip&Leg Ruuna | 14:30~15:30 Hip&Leg Yumi | | | |
| | | | | 16:00~17:00 Basic Yumi | 16:00~17:00 Jump to Burn Ruuna | | | |
| 17:00 | | | | 17:30~18:30 Release&Strength Yumi | 17:30~18:30 Waist yuki | | | |
| 18:00 | 18:00~19:00 Release&Strength Yumi | 18:00~19:00 Hip&Leg Yumi | 18:00~19:00 Shape up Waist (members only) Rika | 19:00~20:00 Advance (members only) Rika | | | 18:00~19:00 Basic Ruuna | 18:00~19:00 Body Balance (members only) Sana |
| 19:30 | 19:30~20:30 Hip&Leg Ruuna | 19:30~20:30 Basic yuki | 19:30~20:30 Back&Arm yuki | 21:00~22:00 Hip Punch (members only) Rika | | | 19:30~20:30 Animal Strech (members only) Rika | 19:30~20:30 Jump to Burn Ruuna |
| 21:00 | 21:00~22:00 Basic Yumi | 21:00~22:00 Release&Strength Yumi | | | | | 21:00~22:00 Hip&Leg Ruuna | 21:00~22:00 Back&Arm Sana |

| | 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 | 10:30~11:30 Shape up Waist (members only) Rika | 10:30~11:30 Jump to Burn Ruuna | 10:00~11:00 Back&Arm yuki | 10:00~11:00 Hip Punch (members only) Yumi | close | 10:30~11:30 Basic Ruuna | 10:30~11:30 Hip Punch (members only) Yumi | 10:30~11:30 Release&Strength Yumi | |
| 12:00 | 12:00~13:00 Basic yuki | 12:00~13:00 Waist Yumi | 11:30~12:30 Pilates Cardio Sana | 11:30~12:30 Waist yuki | | 12:00~13:00 Release&Strength Yumi | 12:00~13:00 Hip&Leg Ruuna | 12:00~13:00 Back&Arm yuki | |
| 13:30 | 13:30~14:30 Animal Strech (members only) Rika | 13:30~14:30 Hip&Leg Ruuna | 13:00~14:00 Basic yuki | 13:00~14:00 Body Balance (members only) Sana | | 13:30~14:30 Jump to Burn Ruuna | 13:30~14:30 Basic Yumi | 13:30~14:30 Hip Punch (members only) Yumi | |
| 15:00 | | | 14:30~15:30 Jump to Burn Ruuna | 14:30~15:30 Back&Arm yuki | | | | | |
| | | | 16:00~17:00 Pilates Barre Sana | 16:00~17:00 Release&Strength Yumi | | | | | |
| 17:00 | | | 17:30~18:30 Waist yuki | 17:30~18:30 Pilates Cardio Sana | | | 18:00~19:00 Waist yuki | 18:00~19:00 Stretch&Conditioning Rika | 18:00~19:00 Back & Spine (members only) Rika |
| 18:00 | 18:00~19:00 Jump to Burn Ruuna | 18:00~19:00 Basic Sana | 19:00~20:00 Basic Ruuna | | | | 19:30~20:30 Body Balance (members only) Sana | 19:30~20:30 Back&Arm yuki | 19:30~20:30 Basic Sana |
| 19:30 | 19:30~20:30 Pilates Cardio Sana | Hip Punch (members only) Yumi | | | | | 21:00~22:00 Pilates Workout (members only) Rika | | 21:00~22:00 Jump to Burn Ruuna |
| 21:00 | 21:00~22:00 Hip&Leg Ruuna | 21:00~22:00 Pilates Barre Sana | | | | | 21:00~22:00 Basic yuki | | |

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）