



pilates

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

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

- ・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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2023/9/16~2023/9/30

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

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

## 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)