



pilates

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

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