



pilates

pilates K 広島店 Lesson Schedule

更新日2023/9/28

2023/10/1~2023/10/15

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

| | 10月9日(月) | 10月10日(火) | 10月11日(水) | 10月12日(木) | 10月13日(金) | 10月14日(土) | 10月15日(日) |
|-------|----------|--|---|---|---|---|---|
| 10:30 | close | 10:30~11:30 Hip Punch (members only) emma | 10:30~11:30 Basic Minami | 10:30~11:30 Release&Strength Sayano | 10:30~11:30 Waist sora | 10:30~11:30 Basic Minami | 10:30~11:30 Hip Punch (members only) emma |
| 12:00 | | 12:00~13:00 Basic Sayano | 12:00~13:00 Pilates Workout (members only) Mei | 12:00~13:00 base to neutral (members only) Mei | 12:00~13:00 Back&Arm emma | 12:00~13:00 Pilates Workout (members only) Mei | 12:00~13:00 Basic sora |
| 13:30 | | 13:30~14:30 Waist sora | 13:30~14:30 Hip&Leg Sayano | 13:30~14:30 Pilates Cardio Sayano | 13:30~14:30 Basic sora | 13:30~14:30 Hip&Leg Minami | 13:30~14:30 Pilates Barre emma |
| 15:00 | | 15:00~16:00 Jump to Burn emma | | 15:00~16:00 Shape up Waist (members only) Mei | | 15:00~16:00 Body Balance (members only) Mei | 15:00~16:00 base to neutral (members only) Mei |
| 16:30 | | | | | | 16:30~17:30 Basic sora | 16:30~17:30 Waist sora |
| 17:00 | | 17:00~18:00 Basic sora | | 17:00~18:00 Back&Arm Minami | 17:00~18:00 Hip&Leg Sayano | 18:00~19:00 Pilates Cardio Sayano | 18:00~19:00 Basic Mei |
| 18:30 | | 18:30~19:30 Stretch&Conditioning Mei | 18:30~19:30 Basic sora | 18:30~19:30 Advance (members only) Mei | 18:30~19:30 Animal Stretch (members only) emma | 19:30~20:30 Back&Spine (members only) Sayano | |
| 20:00 | | 20:00~21:00 Hip&Leg Minami | 20:00~21:00 Pilates Barre emma | 20:00~21:00 Basic Minami | 20:00~21:00 Release&Strength Sayano | | |

・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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2023/10/16~2023/10/31

| | 10月16日(月) | 10月17日(火) | 10月18日(水) | 10月19日(木) | 10月20日(金) | 10月21日(土) | 10月22日(日) | 10月23日(月) | |
|-------|-----------|---|---|---|---|--|---|-----------|---|
| 10:30 | close | 10:30~11:30 Basic Minami | 10:30~11:30 Back & Spine (members only) | 10:30~11:30 Stretch&Conditioning sora | 10:30~11:30 Back&Arm Minami | 10:30~11:30 base to neutral (members only) | 10:30~11:30 Basic emma | close | |
| 12:00 | | 12:00~13:00 Pilates Cardio Sayano | 12:00~13:00 Basic sora | 12:00~13:00 Hip&Leg Sayano | 12:00~13:00 Waist sora | 12:00~13:00 Basic sora | 12:00~13:00 Waist 未定 | | 12:00~13:00 Basic emma |
| 13:30 | | 13:30~14:30 Hip&Leg Minami | 13:30~14:30 Animal Stretch (members only) | 13:30~14:30 Basic sora | 13:30~14:30 Basic sora | 13:30~14:30 Hip&Leg Minami | 13:30~14:30 Release&Strength Sayano | | 13:30~14:30 Body Balance (members only) |
| 15:00 | | 15:00~16:00 Body Balance (members only) | 15:00~16:00 emma | 15:00~16:00 Pilates Cardio Sayano | 15:00~16:00 Pilates Cardio Sayano | 15:00~16:00 Basic sora | 15:00~16:00 Waist sora | | 15:00~16:00 Basic sora |
| 16:30 | | 17:00~18:00 Release&Strength Sayano | 17:00~18:00 emma | 17:00~18:00 Basic Minami | 17:00~18:00 Basic Minami | 17:00~18:00 Back & Spine (members only) | 17:00~18:00 Basic sora | | 16:30~17:30 Back&Arm Minami |
| 17:00 | | 18:30~19:30 Hip Punch (members only) | 18:30~19:30 Jump to Burn 未定 | 18:30~19:30 Waist sora | 18:30~19:30 Waist sora | 18:30~19:30 Basic Sayano | 18:30~19:30 Hip&Leg Minami | | 16:30~17:30 Hip Punch (members only) |
| 18:30 | | 20:00~21:00 Waist emma | 20:00~21:00 Shape up Waist (members only) | 20:00~21:00 Back&Arm Minami | 20:00~21:00 Back&Arm Minami | 20:00~21:00 Stretch&Conditioning sora | 18:00~19:00 Basic sora | | 18:00~19:00 Stretch&Conditioning sora |
| 20:00 | | 20:00~21:00 Waist emma | 20:00~21:00 Shape up Waist (members only) | 20:00~21:00 Back&Arm Minami | 20:00~21:00 Back&Arm Minami | 20:00~21:00 Stretch&Conditioning sora | 19:30~20:30 Hip&Leg Minami | | 18:00~19:00 Stretch&Conditioning sora |
| | | | | | | | | | |
| | | | | | | | | | |

| | 10月24日(火) | 10月25日(水) | 10月26日(木) | 10月27日(金) | 10月28日(土) | 10月29日(日) | 10月30日(月) | 10月31日(火) |
|-------|--|--|---|---|--|--|-----------|--|
| 10:30 | 10:30~11:30 Waist sora | 10:30~11:30 base to neutral (members only) | 10:30~11:30 Animal Stretch (members only) | 10:30~11:30 Waist 未定 | 10:30~11:30 Pilates Cardio Sayano | 10:30~11:30 Jump to Burn 未定 | close | 10:30~11:30 Hip&Leg Sayano |
| 12:00 | 12:00~13:00 Body Balance (members only) | 12:00~13:00 Basic Sayano | 12:00~13:00 Back & Spine (members only) | 12:00~13:00 Basic sora | 12:00~13:00 Stretch&Conditioning sora | 12:00~13:00 Basic sora | | 12:00~13:00 Basic sora |
| 13:30 | 13:30~14:30 Stretch&Conditioning sora | 13:30~14:30 Waist emma | 13:30~14:30 Sayano | 13:30~14:30 Body Balance (members only) | 13:30~14:30 Hip Punch (members only) | 13:30~14:30 base to neutral (members only) | | 13:30~14:30 base to neutral (members only) |
| 15:00 | 15:00~16:00 Shape up Waist (members only) | 15:00~16:00 Hip Punch (members only) | 15:00~16:00 Sayano | 15:00~16:00 Basic sora | 15:00~16:00 Basic sora | 15:00~16:00 Hip&Leg Minami | | 15:00~16:00 Body Balance (members only) |
| 16:30 | 17:00~18:00 Release&Strength Sayano | 17:00~18:00 Hip Punch (members only) | 17:00~18:00 Waist sora | 17:00~18:00 Hip&Leg Minami | 16:30~17:30 base to neutral (members only) | 16:30~17:30 Waist 未定 | | 15:00~16:00 Body Balance (members only) |
| 17:00 | 18:30~19:30 Basic Minami | 18:30~19:30 Back & Spine (members only) | 18:30~19:30 Basic sora | 18:30~19:30 Pilates Barre emma | 18:00~19:00 Waist 未定 | 18:00~19:00 Back & Spine (members only) | | 17:00~18:00 Jump to Burn 未定 |
| 18:30 | 20:00~21:00 base to neutral (members only) | 20:00~21:00 Basic Minami | 20:00~21:00 Hip&Leg Minami | 20:00~21:00 Jump to Burn 未定 | 19:30~20:30 Shape up Waist (members only) | 19:30~20:30 Shape up Waist (members only) | | 18:30~19:30 Shape up Waist (members only) |
| 20:00 | 20:00~21:00 Basic Minami | 20:00~21:00 Basic Minami | 20:00~21:00 Hip&Leg Minami | 20:00~21:00 Jump to Burn 未定 | | | | 20:00~21:00 Waist 未定 |
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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)