



pilates

pilates K 立川店 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	10:30~11:30 Stretch&Conditioning 未確定	10:30~11:30 Basic miyuki	10:30~11:30 Pilates Workout (members only) Riri	close	10:30~11:30 Waist miyuki	10:30~11:30 Pilates Cardio Riri	10:30~11:30 Basic Hinako	10:30~11:30 Animal Stretch (members only) Mii	
12:00	12:00~13:00 base to neutral (members only) Riri	12:00~13:00 Hip&Leg 未確定	12:00~13:00 Back&Arm Riri		12:00~13:00 Basic miyuki	12:00~13:00 Back&Spine (members only) Riri	12:00~13:00 Stretch&Conditioning Kurumi	12:00~13:00 Stretch&Conditioning Kurumi	12:00~13:00 Hip&Leg Kurumi
13:30	13:30~14:30 Back&Spine (members only) Riri	13:30~14:30 Release&Strength Riri	13:30~14:30 Basic Kurumi		13:30~14:30 Hip Punch (members only) Riri	13:30~14:30 Basic miyuki	13:30~14:30 Hip&Leg Kurumi	13:30~14:30 Hip&Leg Kurumi	13:30~14:30 Jump to Burn Mii
15:00	15:00~16:00 Riri	15:00~16:00 Waist miyuki	15:00~16:00 Release&Strength Riri		15:00~16:00 Release&Strength Riri				
17:00	17:00~18:00 Basic miyuki	16:30~17:30 Basic Kurumi	16:30~17:30 Hip&Leg Kurumi		16:30~17:30 Hip&Leg Kurumi				
18:00	18:00~19:00 Basic miyuki	18:30~19:30 Back&Spine (members only) Riri				18:00~19:00 base to neutral (members only) Riri	18:00~19:00 Back&Arm Mii	18:00~19:00 Advance (members only) Mii	18:00~19:00 Back&Spine (members only) Key
19:30	19:30~20:30 Hip Punch (members only) Riri					19:30~20:30 Body Balance (members only) Riri	19:30~20:30 Basic miyuki	19:30~20:30 Pilates Barre Mii	19:30~20:30 Basic miyuki
21:00	21:00~22:00 Waist miyuki					21:00~22:00 Stretch&Conditioning Kurumi	21:00~22:00 Pilates Workout (members only) Mii	21:00~22:00 Waist miyuki	21:00~22:00 Shape up Waist (members only) Key

	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	10:30~11:30 Hip&Leg Kurumi	10:30~11:30 Body Balance (members only) Mii	close	10:30~11:30 Pilates Cardio rina	10:30~11:30 Back&Arm Mii	10:30~11:30 Stretch&Conditioning Kurumi	10:30~11:30 Basic Kurumi	
12:00	12:00~13:00 Basic miyuki	12:00~13:00 Hip&Leg Kurumi		12:00~13:00 Pilates Barre Mii	12:00~13:00 Basic miyuki	12:00~13:00 Hip&Leg Kurumi	12:00~13:00 Hip&Leg Kurumi	12:00~13:00 Animal Stretch (members only) misaki
13:30	13:30~14:30 Stretch&Conditioning 未確定	13:30~14:30 Advance (members only) Mii		13:30~14:30 Jump to Burn rina	13:30~14:30 Jump to Burn rina	13:30~14:30 Shape up Waist (members only) 未確定	13:30~14:30 Basic Hinako	13:30~14:30 Hip&Leg Kurumi
15:00	15:00~16:00 Shape up Waist (members only) 未確定	15:00~16:00 Pilates Barre Mii						
17:00	16:30~17:30 Waist miyuki	16:30~17:30 Basic Kurumi						
18:00	18:30~19:30 make neutral WS (members only) Mii				18:00~19:00 Animal Stretch (members only) Mii	18:00~19:00 Basic Kurumi	18:00~19:00 Jump to Burn Mii	18:00~19:00 Basic miyuki
19:30					19:30~20:30 Advance (members only) Mii	19:30~20:30 Release&Strength Riri	19:30~20:30 Basic miyuki	19:30~20:30 Pilates Cardio Mii
21:00					21:00~22:00 Waist miyuki	21:00~22:00 base to neutral (members only) Riri	21:00~22:00 Body Balance (members only) Mii	21:00~22:00 Back&Arm Mii

- ・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)	
10:30	10:30~11:30 Shape up Waist (members only)	10:30~11:30 base to neutral (members only)	close	10:30~11:30 Basic miyuki	10:30~11:30 Hip&Leg Kurumi	10:30~11:30 Back&Arm Mii	10:30~11:30 Hip&Leg Kurumi	10:30~11:30 Waist miyuki	
12:00	未確定	Riri		12:00~13:00 Back & Spine (members only)	12:00~13:00 Jump to Burn Mii	12:00~13:00 Waist miyuki	12:00~13:00 Body Balance (members only)	12:00~13:00 Body Balance (members only)	12:00~13:00 Basic Kurumi
13:30	Pilates Barre Mii	12:00~13:00 Waist miyuki		13:30~14:30 Basic Kurumi	13:30~14:30 Waist miyuki	13:30~14:30 make neutral WS (members only)	13:30~14:30 Pilates Workout (members only)	Riri	13:30~14:30 Hip Punch (members only)
15:00	13:30~14:30 Basic Kurumi	13:30~14:30 Release&Strength		15:00~16:00 Hip&Leg Kurumi	18:00~19:00 Release&Strength Riri	18:00~19:00 Back & Spine (members only)	18:00~19:00 Stretch&Conditioning	13:30~14:30 base to neutral (members only)	15:00~16:00 Basic miyuki
17:00	15:00~16:00 Hip&Leg Kurumi	15:00~16:00 Basic miyuki		16:30~17:30 Waist miyuki	19:30~20:30 Pilates Workout (members only)	19:30~20:30 Waist miyuki	19:30~20:30 Basic miyuki	13:30~14:30 base to neutral (members only)	16:30~17:30 base to neutral (members only)
18:00	16:30~17:30 Waist miyuki	16:30~17:30 Back & Spine (members only)		18:00~19:00 Riri	21:00~22:00 Body Balance (members only)	21:00~22:00 Release&Strength Riri	21:00~22:00 Hip&Leg Kurumi	18:00~19:00 Back&Arm	18:30~19:30 Hip&Leg Riri
19:30	18:30~19:30 Back&Arm Mii	Riri		19:30~20:30 Pilates Workout (members only)	21:00~22:00 Body Balance (members only)	21:00~22:00 Release&Strength Riri	21:00~22:00 Hip&Leg Kurumi	18:00~19:00 Back&Arm	18:30~19:30 Hip&Leg Riri
21:00								18:00~19:00 Back&Arm	
								19:30~20:30 Hip&Leg	
								19:30~20:30 Hip&Leg	
								21:00~22:00 Hip Punch (members only)	
								21:00~22:00 Hip Punch (members only)	
								21:00~22:00 Hip Punch (members only)	
								21:00~22:00 Hip Punch (members only)	
							21:00~22:00 Hip Punch (members only)		
							21:00~22:00 Hip Punch (members only)		
							21:00~22:00 Hip Punch (members only)		
							21:00~22:00 Hip Punch (members only)		
							21:00~22:00 Hip Punch (members only)		

	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	10:30~11:30 Animal Stretch (members only)	close	10:30~11:30 Shape up Waist (members only)	10:30~11:30 Basic Kurumi	10:30~11:30 base to neutral (members only)	10:30~11:30 Release&Strength Riri	10:30~11:30 Body Balance (members only)	
12:00	Mii		未確定	12:00~13:00 Advance (members only)	12:00~13:00 Riri	12:00~13:00 Hip&Leg Kurumi	12:00~13:00 Basic miyuki	12:00~13:00 Riri
13:30	Pilates Cardio Riri		12:00~13:00 Back&Arm Riri	13:30~14:30 Pilates Cardio Mii	13:30~14:30 Hip&Leg Kurumi	13:30~14:30 Back & Spine (members only)	13:30~14:30 base to neutral (members only)	12:00~13:00 Back&Arm Riri
15:00	13:30~14:30 Shape up Waist (members only)		13:30~14:30 Pilates Cardio Mii	18:00~19:00 base to neutral (members only)	18:00~19:00 base to neutral (members only)	18:00~19:00 Waist miyuki	18:00~19:00 Jump to Burn Mii	13:30~14:30 Hip&Leg Kurumi
17:00	15:00~16:00 Release&Strength Riri		16:30~17:30 Body Balance (members only)	19:30~20:30 Hip Punch (members only)	19:30~20:30 Pilates Barre Mii	19:30~20:30 Hip&Leg Kurumi	19:30~20:30 Waist miyuki	15:00~16:00 Pilates Cardio Riri
18:00	16:30~17:30 Body Balance (members only)		18:00~19:00 Basic Kurumi	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Basic miyuki	21:00~22:00 Animal Stretch (members only)	16:30~17:30 make neutral WS (members only)
19:30	18:00~19:00 Basic Kurumi		18:00~19:00 Basic Kurumi	19:30~20:30 Hip Punch (members only)	19:30~20:30 Pilates Barre Mii	19:30~20:30 Hip&Leg Kurumi	19:30~20:30 Waist miyuki	Mii
21:00	18:00~19:00 Basic Kurumi		18:00~19:00 Basic Kurumi	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Basic miyuki	21:00~22:00 Animal Stretch (members only)	18:30~19:30 Basic miyuki
	18:00~19:00 Basic Kurumi		18:00~19:00 Basic Kurumi	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Basic miyuki	21:00~22:00 Animal Stretch (members only)	
	18:00~19:00 Basic Kurumi		18:00~19:00 Basic Kurumi	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Basic miyuki	21:00~22:00 Animal Stretch (members only)	
	18:00~19:00 Basic Kurumi		18:00~19:00 Basic Kurumi	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Basic miyuki	21:00~22:00 Animal Stretch (members only)	
	18:00~19:00 Basic Kurumi		18:00~19:00 Basic Kurumi	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Basic miyuki	21:00~22:00 Animal Stretch (members only)	
	18:00~19:00 Basic Kurumi		18:00~19:00 Basic Kurumi	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Basic miyuki	21:00~22:00 Animal Stretch (members only)	
	18:00~19:00 Basic Kurumi		18:00~19:00 Basic Kurumi	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Basic miyuki	21:00~22:00 Animal Stretch (members only)	
	18:00~19:00 Basic Kurumi	18:00~19:00 Basic Kurumi	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Basic miyuki	21:00~22:00 Animal Stretch (members only)		
	18:00~19:00 Basic Kurumi	18:00~19:00 Basic Kurumi	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Basic miyuki	21:00~22:00 Animal Stretch (members only)		
	18:00~19:00 Basic Kurumi	18:00~19:00 Basic Kurumi	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Basic miyuki	21:00~22:00 Animal Stretch (members only)		
	18:00~19:00 Basic Kurumi	18:00~19:00 Basic Kurumi	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Pilates Workout (members only)	21:00~22:00 Basic miyuki	21:00~22:00 Animal Stretch (members only)		

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）