



pilates

pilates K 池袋店 Lesson Schedule

更新日2023/9/15

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 | 10:00~11:00 Pilates Barre Ako | Close | 10:00~11:00 Pilates Cardio misaki | 10:00~11:00 Hip Punch (members only) Ako | 10:00~11:00 Release&Strength mayumi | 10:00~11:00 Basic Natsumy | 10:00~11:00 Body Balance (members only) Kaho | 10:00~11:00 Jump to Burn anna |
| 12:00 | 11:30~12:30 Body Balance (members only) Kaho | | 11:30~12:30 Back & Spine (members only) Ako | 11:30~12:30 Pilates Workout (members only) Sayaka | 11:30~12:30 Hip&Leg anna | 11:30~12:30 base to neutral (members only) mayumi | 11:30~12:30 Hip&Leg anna | 11:30~12:30 Stretch&Conditioning Kaho |
| 13:30 | 13:00~14:00 Basic Yuka | | 13:00~14:00 Animal Stretch (members only) misaki | 13:00~14:00 Basic 未定 | 13:00~14:00 Jump to Burn anna | 13:00~14:00 Basic Natsumy | 13:00~14:00 Basic Pilates Barre Ako | 13:00~14:00 Basic anna |
| 15:00 | 14:30~15:30 Release&Strength mayumi | | 14:30~15:30 Shape up Waist (members only) Ako | 14:30~15:30 Hip&Leg misaki | 14:30~15:30 Shape up Waist (members only) meiko | 14:30~15:30 Release&Strength mayumi | 14:30~15:30 Animal Stretch (members only) misaki | 14:30~15:30 Advance (members only) Ako |
| 17:00 | 16:00~17:00 Waist Yuka | | 16:00~17:00 Basic Natsumy | 16:00~17:00 Back&Arm mayumi | 16:00~17:00 Hip&Leg anna | 16:00~17:00 Pilates Cardio misaki | 16:00~17:00 Basic Natsumy | 16:00~17:00 Back&Arm mayumi |
| 18:00 | 17:30~18:30 base to neutral (members only) mayumi | | 17:30~18:30 Pilates Cardio misaki | 17:30~18:30 Hip Punch (members only) Ako | 17:30~18:30 Release&Strength mayumi | 17:30~18:30 Hip&Leg anna | 17:30~18:30 Pilates Cardio misaki | 17:30~18:30 Hip Punch (members only) Ako |
| 19:30 | 19:00~20:00 Pilates Cardio misaki | | 19:00~20:00 Shape up Waist (members only) Ako | 19:00~20:00 base to neutral (members only) mayumi | 19:00~20:00 Waist Kaho | 19:00~20:00 Back & Spine (members only) Kaho | 19:00~20:00 Pilates Workout (members only) misaki | 19:00~20:00 base to neutral (members only) mayumi |
| 21:00 | | | 21:00~22:00 Advance (members only) Ako | 21:00~22:00 base to neutral (members only) mayumi | 21:00~22:00 base to neutral (members only) mayumi | 21:00~22:00 Back&Arm Yuka | 21:00~22:00 Jump to Burn anna | |

| | 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 | 10:00~11:00 Waist Yuka | 10:00~11:00 Basic Natsumy | 10:00~11:00 Pilates Workout (members only) misaki | 10:00~11:00 Jump to Burn anna | 10:00~11:00 Basic anna | 10:00~11:00 Hip&Leg Ako | |
| 12:00 | | 11:30~12:30 Hip&Leg misaki | 11:30~12:30 Pilates Cardio misaki | 11:30~12:30 Basic Natsumy | 11:30~12:30 Hip Punch (members only) Saki | 11:30~12:30 Pilates Cardio misaki | 11:30~12:30 Back&Arm Yuka | |
| 13:30 | | 13:00~14:00 Back&Arm Yuka | 13:00~14:00 Waist Yuka | 13:00~14:00 Animal Stretch (members only) misaki | 13:00~14:00 Hip&Leg anna | 13:00~14:00 Hip&Leg anna | 13:00~14:00 Shape up Waist (members only) Ako | |
| 15:00 | | 14:30~15:30 Pilates Workout (members only) Sayaka | 14:30~15:30 Pilates Workout (members only) Sayaka | 14:30~15:30 Basic Natsumy | 14:30~15:30 Pilates Barre Saki | 14:30~15:30 Jump to Burn misaki | 14:30~15:30 Basic Natsumy | |
| 17:00 | | 16:00~17:00 Back & Spine (members only) Kaho | 16:00~17:00 Release&Strength mayumi | 16:00~17:00 Basic Natsumy | 16:00~17:00 Basic Natsumy | 16:00~17:00 Back & Spine (members only) Kaho | 16:00~17:00 Release&Strength mayumi | |
| 18:00 | | 18:00~19:00 Jump to Burn anna | 18:00~19:00 Release&Strength mayumi | 18:00~19:00 Back&Arm mayumi | 18:00~19:00 Shape up Waist (members only) Ako | 18:00~19:00 Shape up Waist (members only) Ako | 18:00~19:00 base to neutral (members only) mayumi | 18:00~19:00 Waist Yuka |
| 19:30 | | 19:30~20:30 Back&Arm mayumi | 19:30~20:30 Basic anna | 19:30~20:30 Hip Punch (members only) Ako | 19:30~20:30 Hip Punch (members only) Ako | 19:30~20:30 Body Balance (members only) Kaho | 19:30~20:30 base to neutral (members only) mayumi | 19:00~20:00 Body Balance (members only) Kaho |
| 21:00 | | 21:00~22:00 Hip&Leg anna | 21:00~22:00 Advance (members only) Ako | 21:00~22:00 base to neutral (members only) mayumi | 21:00~22:00 base to neutral (members only) mayumi | 21:00~22:00 Back & Spine (members only) Ako | 21:00~22:00 Jump to Burn 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。



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 | 10:00~11:00 Pilates Barre Ako | 10:00~11:00 Back & Spine (members only) | 10:00~11:00 Shape up Waist (members only) | 10:00~11:00 Waist anna | 10:00~11:00 Jump to Burn anna | 10:00~11:00 Basic mayumi | Close | |
| 12:00 | | 11:30~12:30 Jump to Burn anna | Kaho | Ako | 11:30~12:30 Pilates Cardio misaki | 11:30~12:30 Basic mayumi | 11:30~12:30 Back & Spine (members only) Yuka | | |
| 13:30 | | 13:00~14:00 Shape up Waist (members only) | Ako | 13:00~14:00 Body Balance (members only) | 13:00~14:00 Back&Arm mayumi | 13:00~14:00 Pilates Workout (members only) misaki | 13:00~14:00 Release&Strength mayumi | | |
| 15:00 | | 14:30~15:30 Hip&Leg anna | Basic anna | Kaho | 14:30~15:30 Animal Stretch (members only) misaki | 14:30~15:30 Hip&Leg anna | 14:30~15:30 Basic Natsumy | | |
| 17:00 | | 18:00~19:00 Animal Stretch (members only) misaki | 18:00~19:00 Back&Arm Yuka | 18:00~19:00 Pilates Cardio misaki | 18:00~19:00 base to neutral (members only) mayumi | 17:30~18:30 Animal Stretch (members only) misaki | 16:00~17:00 base to neutral (members only) mayumi | | 16:00~17:00 Shape up Waist (members only) Ako |
| 18:00 | | 19:30~20:30 Waist Yuka | 19:30~20:30 Pilates Workout (members only) misaki | 19:30~20:30 Release&Strength mayumi | 19:30~20:30 Basic Natsumy | 19:00~20:00 Basic Natsumy | 17:30~18:30 Stretch&Conditioning Kaho | | 19:00~20:00 Hip Punch (members only) Ako |
| 19:30 | | 21:00~22:00 Pilates Cardio misaki | 21:00~22:00 Basic Yuka | 21:00~22:00 Basic Yuka | 21:00~22:00 Pilates Barre Jyuli | 21:00~22:00 Shape up Waist (members only) Ruan | | | |

| | 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 | 10:00~11:00 Pilates Workout (members only) misaki | 10:00~11:00 Back&Arm Natsumy | 10:00~11:00 Back & Spine (members only) Yuka | 10:00~11:00 Basic Natsumy | 10:00~11:00 Body Balance (members only) Kaho | 10:00~11:00 Back&Arm mayumi | Close | 10:00~11:00 Waist Kaho |
| 12:00 | 11:30~12:30 Basic Natsumy | 11:30~12:30 Pilates Cardio misaki | 11:30~12:30 Basic Natsumy | 11:30~12:30 Release&Strength mayumi | 11:30~12:30 Basic Natsumy | 11:30~12:30 Pilates Workout (members only) Kaho | | 11:30~12:30 Hip&Leg anna |
| 13:30 | 13:00~14:00 Hip&Leg misaki | 13:00~14:00 base to neutral (members only) mayumi | 13:00~14:00 Animal Stretch (members only) misaki | 13:00~14:00 Body Balance (members only) Kaho | 13:00~14:00 Hip Punch (members only) Ako | 13:00~14:00 Animal Stretch (members only) misaki | | 13:00~14:00 Back & Spine (members only) Yuka |
| 15:00 | 14:30~15:30 Release&Strength mayumi | 14:30~15:30 Basic Natsumy | 14:30~15:30 Back&Arm Yuka | 14:30~15:30 base to neutral (members only) mayumi | 14:30~15:30 Jump to Burn anna | 14:30~15:30 Waist Yuka | | 14:30~15:30 Jump to Burn anna |
| 17:00 | 18:00~19:00 Basic Yuka | 18:00~19:00 Shape up Waist (members only) Ako | 18:00~19:00 Hip&Leg anna | 18:00~19:00 Pilates Cardio Ako | 17:30~18:30 Back & Spine (members only) Yuka | 17:30~18:30 Pilates Cardio misaki | | 18:00~19:00 Hip&Leg Ako |
| 18:00 | 19:30~20:30 Advance (members only) Ako | 19:30~20:30 Body Balance (members only) Kaho | 19:30~20:30 Stretch&Conditioning Kaho | 19:30~20:30 Waist Yuka | 19:00~20:00 Shape up Waist (members only) Ako | 19:00~20:00 Hip&Leg anna | | 19:30~20:30 base to neutral (members only) mayumi |
| 19:30 | 21:00~22:00 Jump to Burn anna | 21:00~22:00 Hip&Leg anna | 21:00~22:00 Jump to Burn anna | 21:00~22:00 Hip Punch (members only) Ako | | | | 21:00~22:00 Basic Natsumy |

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)