



pilates

pilates K 池袋店 Lesson Schedule

更新日2023/9/17

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

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



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 Hip&Leg 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)	11:30~12:30 Hip Punch (members only) Ako	13:00~14:00 Body Balance (members only) Kaho	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	13:00~14:00 Basic anna	14:30~15:30 Advance (members only) Ako	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 Waist Yuka	18:00~19:00 Pilates Cardio misaki	18:00~19:00 base to neutral (members only) mayumi	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	17:30~18:30 Animal Stretch (members only) misaki	17:30~18:30 Stretch&Conditioning Kaho	
19:30		21:00~22:00 Pilates Cardio misaki	21:00~22:00 Basic Yuka	21:00~22:00 Pilates Barre Jyuli	21:00~22:00 Shape up Waist (members only) Ruan	19:00~20:00 Basic Natsumy	19:00~20:00 Hip Punch (members only) Ako	
21:00								

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