



pilates

# pilates K 天王寺店 Lesson Schedule

更新日2023/11/17

2023/11/1~2023/11/15

|       | 11月1日(水)   | 11月2日(木)  | 11月3日(金)  | 11月4日(土)   | 11月5日(日)   | 11月6日(月) | 11月7日(火) | 11月8日(水) |
|-------|--|---|---|--|--|----------|----------|----------|
| 10:30 | 10:30~11:30<br>Basic<br>mami                             | 10:30~11:30<br>Back&Spine<br>(members only)<br>mami     | 10:30~11:30<br>Back&Arm<br>Kei                          | 10:30~11:30<br>Hip&Leg<br>Kei                        | 10:30~11:30<br>Shape up Waist<br>(members only)<br>yun | close    | close    | close    |
| 12:00 | 12:00~13:00<br>Waist<br>miho                             | 12:00~13:00<br>Shape up Waist<br>(members only)<br>mami | 12:00~13:00<br>Stretch&Conditioning<br>miho             | 12:00~13:00<br>Basic<br>yun                          | 12:00~13:00<br>Release&Strength<br>mami                |          |          |          |
| 13:30 | 13:30~14:30<br>base to neutral<br>(members only)<br>miho | 13:30~14:30<br>Basic<br>yun                             | 13:30~14:30<br>Pilates Workout<br>(members only)<br>Kei | 13:30~14:30<br>Advance<br>(members only)<br>Mei      | 13:30~14:30<br>Jump to Burn<br>yun                     |          |          |          |
| 15:00 |  |   | 15:00~16:00<br>Pilates Barre<br>mami                    | 15:00~16:00<br>Pilates Cardio<br>Kei                 | 15:00~16:00<br>Back&Spine<br>(members only)<br>mami    |          |          |          |
|       |  |   | 16:30~17:30<br>Waist<br>mami                            | 16:30~17:30<br>Body Balance<br>(members only)<br>Mei | 16:30~17:30<br>Basic<br>yun                            |          |          |          |
| 17:00 |  |   |   |  |  |          |          |          |
|       | 18:00~19:00<br>Advance<br>(members only)<br>yun          | 18:00~19:00<br>Basic<br>miho                            | 18:30~19:30<br>Hip Punch<br>(members only)<br>miho      | 18:30~19:30<br>Back&Arm<br>yun                       |  |          |          |          |
| 19:30 | 19:30~20:30<br>Basic<br>yun                              | 19:30~20:30<br>Pilates Cardio<br>yun                    |   |  |  |          |          |          |
| 21:00 | 21:00~22:00<br>Hip&Leg<br>Kei                            | 21:00~22:00<br>Body Balance<br>(members only)<br>miho   |   |  |  |          |          |          |

|       | 11月9日(木)   | 11月10日(金)   | 11月11日(土)   | 11月12日(日)   | 11月13日(月) | 11月14日(火)   | 11月15日(水)  |
|-------|--|---|---|---|-----------|---|--|
| 10:30 | 10:30~11:30<br>Pilates Cardio<br>Kei                     | 10:30~11:30<br>Stretch&Conditioning<br>miho         | 10:30~11:30<br>Hip Punch<br>(members only)<br>miho      | 10:30~11:30<br>Hip&Leg<br>Kei                           | close     | 10:30~11:30<br>Basic<br>Aya                         | 10:30~11:30<br>Shape up Waist<br>(members only)<br>yun |
| 12:00 | 12:00~13:00<br>Animal Stretch<br>(members only)<br>miho  | 12:00~13:00<br>Waist<br>mami                        | 12:00~13:00<br>Body Balance<br>(members only)<br>natumi | 12:00~13:00<br>Pilates Barre<br>mami                    |           | 12:00~13:00<br>Jump to Burn<br>yun                  | 12:00~13:00<br>Back&Arm<br>Kei                         |
| 13:30 | 13:30~14:30<br>Hip&Leg<br>Kei                            | 13:30~14:30<br>Hip Punch<br>(members only)<br>miho  | 13:30~14:30<br>Basic<br>miho                            | 13:30~14:30<br>Pilates Workout<br>(members only)<br>Kei |           | 13:30~14:30<br>Hip&Leg<br>Kei                       | 13:30~14:30<br>Basic<br>yun                            |
| 15:00 |  |   | 15:00~16:00<br>Waist<br>Rio                             | 15:00~16:00<br>Basic<br>mami                            |           |   |  |
|       |  |   | 16:30~17:30<br>Hip&Leg<br>natumi                        | 16:30~17:30<br>Back&Arm<br>Kei                          |           |   |  |
| 17:00 | 18:00~19:00<br>Shape up Waist<br>(members only)<br>mami  | 18:00~19:00<br>Release&Strength<br>mami             | 18:30~19:30<br>Stretch&Conditioning<br>miho             |   |           |   |  |
| 18:00 | 19:30~20:30<br>base to neutral<br>(members only)<br>miho | 19:30~20:30<br>Back&Spine<br>(members only)<br>mami |   |   |           | 18:00~19:00<br>Back&Spine<br>(members only)<br>mami | 18:00~19:00<br>Body Balance<br>(members only)<br>miho  |
| 19:30 | 21:00~22:00<br>Waist<br>mami                             | 21:00~22:00<br>Basic<br>Nana                        |   |   |           | 19:30~20:30<br>Pilates Cardio<br>yun                | 19:30~20:30<br>Hip&Leg<br>michi                        |
| 21:00 |  |   |   |   |           | 21:00~22:00<br>Release&Strength<br>mami             | 21:00~22:00<br>Basic<br>miho                           |

- ・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

# pilates K 天王寺店 Lesson Schedule

2023/11/16~2023/11/30

|       | 11月16日(木)   | 11月17日(金)  | 11月18日(土)  | 11月19日(日)   | 11月20日(月) | 11月21日(火)   | 11月22日(水)   | 11月23日(木)   |
|-------|---|--|--|---|-----------|---|---|---|
| 10:30 | 10:30~11:30<br>Basic pure                               | 10:30~11:30<br>Pilates Barre<br>mami                     | 10:00~11:00<br>Back & Spine<br>(members only)<br>mami    | 10:30~11:30<br>Advance<br>(members only)<br>miho      | close     | 10:00~11:00<br>Basic<br>Aya                             | 10:30~11:30<br>Hip&Leg<br>Kei                           | 10:00~11:00<br>Shape up Waist<br>(members only)<br>mami |
| 12:00 | 12:00~13:00<br>Pilates Workout<br>(members only)<br>Mei | 12:00~13:00<br>Animal Stretch<br>(members only)<br>miho  | 11:30~12:30<br>Hip&Leg<br>mami                           | 12:00~13:00<br>Release&Strength<br>mami               |           | 11:30~12:30<br>Pilates Workout<br>(members only)<br>Kei | 12:00~13:00<br>Back & Spine<br>(members only)<br>mami   | 11:30~12:30<br>Jump to Burn<br>yun                      |
| 13:30 | 13:30~14:30<br>Release&Strength<br>Mei                  | 13:30~14:30<br>Basic<br>miho                             | 13:00~14:00<br>Jump to Burn<br>yun                       | 13:30~14:30<br>Basic<br>yun                           |           | 13:00~14:00<br>Advance<br>(members only)<br>yun         | 13:30~14:30<br>Pilates Cardio<br>Kei                    | 13:00~14:00<br>Stretch&Conditioning<br>miho             |
| 15:00 |   |  | 14:30~15:30<br>base to neutral<br>(members only)<br>miho | 15:00~16:00<br>Back & Spine<br>(members only)<br>mami |           | 14:30~15:30<br>Hip&Leg<br>Kei                           |   | 14:30~15:30<br>Basic<br>yun                             |
| 17:00 |   |  | 16:00~17:00<br>Shape up Waist<br>(members only)<br>yun   | 16:30~17:30<br>Pilates Cardio<br>yun                  |           |   |   | 16:00~17:00<br>Pilates Barre<br>mami                    |
| 18:00 | 18:00~19:00<br>Pilates Cardio<br>yun                    | 18:00~19:00<br>Hip&Leg<br>Kei                            | 17:30~18:30<br>Basic<br>miho                             |   |           | 18:00~19:00<br>Waist<br>miho                            | 18:00~19:00<br>Animal Stretch<br>(members only)<br>miho | 17:30~18:30<br>Back&Arm<br>yun                          |
| 19:30 | 19:30~20:30<br>Hip&Leg<br>Kei                           | 19:30~20:30<br>base to neutral<br>(members only)<br>miho | 19:00~20:00<br>Hip Punch<br>(members only)<br>miho       |   |           | 19:30~20:30<br>Basic<br>yun                             | 19:30~20:30<br>Jump to Burn<br>yun                      | 19:00~20:00<br>Body Balance<br>(members only)<br>miho   |
| 21:00 | 21:00~22:00<br>Shape up Waist<br>(members only)<br>yun  | 21:00~22:00<br>Back&Arm<br>Kei                           |  |   |           | 21:00~22:00<br>Body Balance<br>(members only)<br>miho   | 21:00~22:00<br>Waist<br>miho                            |   |

|       | 11月24日(金)   | 11月25日(土)   | 11月26日(日)  | 11月27日(月) | 11月28日(火)   | 11月29日(水)   | 11月30日(木)  |
|-------|---|---|--|-----------|---|---|--|
| 10:30 | 10:30~11:30<br>Jump to Burn<br>yun                      | 10:00~11:00<br>Hip Punch<br>(members only)<br>miho      | 10:30~11:30<br>Waist<br>miho                             | close     | 10:00~11:00<br>Stretch&Conditioning<br>miho           | 10:30~11:30<br>Pilates Workout<br>(members only)<br>Kei | 10:30~11:30<br>Animal Stretch<br>(members only)<br>miho  |
| 12:00 | 12:00~13:00<br>Basic<br>yun                             | 11:30~12:30<br>Back&Arm<br>Kei                          | 12:00~13:00<br>Pilates Barre<br>mami                     |           | 11:30~12:30<br>Basic<br>Aya                           | 12:00~13:00<br>Waist<br>miho                            | 12:00~13:00<br>Back&Arm<br>yun                           |
| 13:30 | 13:30~14:30<br>Body Balance<br>(members only)<br>未定     | 13:00~14:00<br>Basic<br>miho                            | 13:30~14:30<br>base to neutral<br>(members only)<br>miho |           | 13:00~14:00<br>Shape up Waist<br>(members only)<br>未定 | 13:30~14:30<br>Hip&Leg<br>Kei                           | 13:30~14:30<br>base to neutral<br>(members only)<br>miho |
| 15:00 |   | 14:30~15:30<br>Hip&Leg<br>Kei                           | 15:00~16:00<br>Basic<br>yun                              |           | 14:30~15:30<br>Body Balance<br>(members only)<br>miho |   |  |
| 17:00 |   | 16:00~17:00<br>Back & Spine<br>(members only)<br>mami   | 16:30~17:30<br>Body Balance<br>(members only)<br>未定      |           |   | 18:00~19:00   |  |
| 18:00 | 18:00~19:00<br>Back&Arm<br>Kei                          | 17:30~18:30<br>Pilates Workout<br>(members only)<br>Kei |  |           | 18:00~19:00<br>Basic<br>yun                           | 18:00~19:00<br>Back & Spine<br>(members only)<br>mami   | 18:00~19:00<br>Hip&Leg<br>Kei                            |
| 19:30 | 19:30~20:30<br>Waist<br>mami                            |   |  |           | 19:30~20:30<br>Hip&Leg<br>Kei                         | 19:30~20:30<br>Hip Punch<br>(members only)<br>miho      | 19:30~20:30<br>Shape up Waist<br>(members only)<br>yun   |
| 21:00 | 21:00~22:00<br>Pilates Workout<br>(members only)<br>Kei | 19:00~20:00<br>Release&Strength<br>mami                 |  |           | 21:00~22:00<br>Advance<br>(members only)<br>yun       | 21:00~22:00<br>Release&Strength<br>mami                 | 21:00~22:00<br>Basic<br>yun                              |

## 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）