



pilates

pilates K 銀座店 Lesson Schedule

更新日2024/1/15

2024/2/1~2024/2/15

	2月1日(木)	2月2日(金)	2月3日(土)	2月4日(日)	2月5日(月)	2月6日(火)	2月7日(水)	2月8日(木)	
10:00	10:00~11:00 Release&Strength J.	10:00~11:00 Hip Punch (members only) Eri	10:00~11:00 Shape up Waist (members only) Kanna	10:00~11:00 Reset Flow (members only) wako	close	10:00~11:00 Basic Reico	10:00~11:00 Body Balance (members only) wako	10:00~11:00 Hip&Leg Saki	
11:30	11:30~12:30 Shape up Waist (members only) Saki	11:30~12:30 Waist Kanna	11:30~12:30 Basic Reico	11:30~12:30 Pilates Barre Kanna		11:30~12:30 Back&Spine (members only) wako	11:30~12:30 Pilates Cardio J.	11:30~12:30 Basic Kanna	11:30~12:30 Basic Kanna
13:00	13:00~14:00 Animal Stretch (members only) J.	13:00~14:00 Back&Spine (members only) Saki	13:00~14:00 Waist Kanna	13:00~14:00 Hip Punch (members only) Saki		13:00~14:00 Pilates Cardio Reico	13:00~14:00 Basic wako	13:00~14:00 basic to neutral (members only) Saki	13:00~14:00 basic to neutral (members only) Saki
14:30	14:30~15:30 Hip&Leg Saki	14:30~15:30 Jump to Burn Kanna	14:30~15:30 Animal Stretch (members only) Sazuki	14:30~15:30 Basic wako		14:30~15:30 Body Balance (members only) wako		14:30~15:30 Shape up Waist (members only) Kanna	14:30~15:30 Shape up Waist (members only) Kanna
17:00			16:00~17:00 Basic Reico	16:00~17:00 Jump to Burn Kanna					
18:00	18:00~19:00 Back&Arm Reico	18:00~19:00 Body Balance (members only) wako	17:30~18:30 Hip&Leg J.	17:30~18:30 Pilates Workout (members only) J.		18:00~19:00 Pilates Barre Saki	18:00~19:00 Reset Flow (members only) Saki	18:00~19:00 Back&Spine (members only) wako	18:00~19:00 Back&Spine (members only) wako
19:30	19:30~20:30 Reset Flow (members only) wako	19:30~20:30 Pilates Cardio Reico	19:00~20:00 Release&Strength Sazuki	19:00~20:00 Hip&Leg Saki		19:30~20:30 Waist Kanna	19:30~20:30 Jump to Burn Kanna	19:30~20:30 Hip&Leg Reico	19:30~20:30 Hip&Leg Reico
21:00	21:00~22:00 Basic Reico	21:00~22:00 Back&Arm wako				21:00~22:00 Shape up Waist (members only) Saki	21:00~22:00 Hip&Leg Reico	21:00~22:00 Body Balance (members only) wako	21:00~22:00 Body Balance (members only) wako

	2月9日(金)	2月10日(土)	2月11日(日)	2月12日(月)	2月13日(火)	2月14日(水)	2月15日(木)	
10:00	10:00~11:00 Pilates Barre Kanna	10:00~11:00 Advance (members only) J.	10:00~11:00 Back&Spine (members only) wako	close	10:00~11:00 Pilates Workout (members only) Saki	10:00~11:00 Hip&Leg Reico	10:00~11:00 Waist Kanna	
11:30	11:30~12:30 Hip Punch (members only) Saki	11:30~12:30 Jump to Burn Kanna	11:30~12:30 Animal Stretch (members only) J.		11:30~12:30 Basic Reico	11:30~12:30 Stretch&Conditioning Saki	11:30~12:30 Hip&Leg Reico	11:30~12:30 Hip&Leg Reico
13:00	13:00~14:00 Waist Kanna	13:00~14:00 Shape up Waist (members only) J.	13:00~14:00 Hip&Leg Reico		13:00~14:00 base to neutral (members only) Saki	13:00~14:00 Pilates Cardio Reico	13:00~14:00 Jump to Burn Kanna	13:00~14:00 Jump to Burn Kanna
14:30	14:30~15:30 Hip&Leg Saki	14:30~15:30 Hip Punch (members only) Saki	14:30~15:30 Stretch&Conditioning J.			14:30~15:30 Pilates Workout (members only) Eri	14:30~15:30 Basic Reico	14:30~15:30 Basic Reico
17:00	18:00~19:00 Pilates Workout (members only) J.	16:00~17:00 Back&Arm wako	16:00~17:00 Body Balance (members only) wako			18:00~19:00 Basic wako	18:00~19:00 basic to neutral (members only) Saki	18:00~19:00 basic to neutral (members only) Saki
18:00	19:30~20:30 Body Balance (members only) wako	17:30~18:30 base to neutral (members only) Saki	17:30~18:30 Release&Strength J.			19:30~20:30 Shape up Waist (members only) Kanna	19:30~20:30 Waist Kanna	19:30~20:30 Back&Spine (members only) J.
19:30	21:00~22:00 Animal Stretch (members only) J.	19:00~20:00 Basic wako	19:00~20:00 Pilates Cardio Reico			21:00~22:00 Reset Flow (members only) wako	21:00~22:00 Back&Arm wako	21:00~22:00 Advance (members only) Saki
21:00							21:00~22:00 Basic Kanna	21:00~22:00 Advance (members only) Saki

- ・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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2024/2/16~2024/2/29

	2月16日(金)	2月17日(土)	2月18日(日)	2月19日(月)	2月20日(火)	2月21日(水)	2月22日(木)	2月23日(金)	
10:00	10:00~11:00 Hip&Leg Reico	10:00~11:00 Jump to Burn Kanna	10:00~11:00 Hip&Leg Saki	close	10:00~11:00 Basic Reico	10:00~11:00 Pilates Workout (members only) J.	10:00~11:00 Pilates Barre Kanna	10:00~11:00 base to neutral (members only) Saki	
11:30	11:30~12:30 Shape up Waist (members only) Kanna	11:30~12:30 Basic Reico	11:30~12:30 Release&Strength J.		11:30~12:30 Hip&Leg Reico	11:30~12:30 Reset Flow (members only) Saki	11:30~12:30 Shape up Waist (members only) Kanna	11:30~12:30 Body Balance (members only) wako	11:30~12:30 Body Balance (members only) wako
13:00	13:00~14:00 Basic Reico	13:00~14:00 Waist Kanna	13:00~14:00 Pilates Barre Saki		13:00~14:00 Back&Arm wako	13:00~14:00 Hip&Leg Reico	13:00~14:00 Back&Spine (members only) J.	13:00~14:00 Back&Spine (members only) J.	13:00~14:00 Basic Kanna
14:30	14:30~15:30 Waist Kanna	14:30~15:30 Body Balance (members only) wako	14:30~15:30 Pilates Cardio Reico		14:30~15:30 Body Balance (members only) wako	14:30~15:30 Body Balance (members only) wako	14:30~15:30 Stretch&Conditioning J.	14:30~15:30 Stretch&Conditioning J.	14:30~15:30 Hip&Leg Reico
17:00	18:00~19:00 Hip Punch (members only) J.	16:00~17:00 Hip&Leg Reico	16:00~17:00 Advance (members only) J.		18:00~19:00 Shape up Waist (members only) J.	18:00~19:00 Pilates Barre Kanna	18:00~19:00 Back&Arm wako	18:00~19:00 Back&Arm wako	16:00~17:00 Hip Punch (members only) Saki
18:00	19:00~20:00 Back&Spine (members only) wako	17:30~18:30 Pilates Workout (members only) Saki	17:30~18:30 Reset Flow (members only) wako		19:30~20:30 Basic wako	19:30~20:30 Back&Spine (members only) wako	19:30~20:30 Release&Strength J.	19:30~20:30 Release&Strength J.	17:30~18:30 Pilates Cardio Reico
19:30	21:00~22:00 Release&Strength J.	19:00~20:00 Pilates Workout (members only) Saki	19:00~20:00 Basic Reico		21:00~22:00 Animal Stretch (members only) J.	21:00~22:00 Waist Kanna	21:00~22:00 Basic wako		

	2月24日(土)	2月25日(日)	2月26日(月)	2月27日(火)	2月28日(水)	2月29日(木)
10:00	10:00~11:00 Body Balance (members only) wako	10:00~11:00 Basic Kanna	close	10:00~11:00 Pilates Cardio Reico	10:00~11:00 Release&Strength J.	10:00~11:00 Back&Arm wako
11:30	11:30~12:30 Pilates Cardio Reico	11:30~12:30 Hip&Leg Reico		11:30~12:30 Body Balance (members only) Eri	11:30~12:30 Stretch&Conditioning Saki	11:30~12:30 Basic Reico
13:00	13:00~14:00 Back&Spine (members only) wako	13:00~14:00 Shape up Waist (members only) Kanna		13:00~14:00 Back&Spine (members only) Saki	13:00~14:00 Shape up Waist (members only) J.	13:00~14:00 Reset Flow (members only) wako
14:30	14:30~15:30 Basic Reico	14:30~15:30 Back&Arm J.		14:30~15:30 Basic Reico	14:30~15:30 Hip Punch (members only) Saki	14:30~15:30 Pilates Cardio Reico
17:00	16:00~17:00 Reset Flow (members only) Saki	16:00~17:00 Basic Reico		18:00~19:00 Hip&Leg J.	18:00~19:00 Waist Kanna	18:00~19:00 Pilates Workout (members only) J.
18:00	17:30~18:30 Animal Stretch (members only) Kanna	17:30~18:30 Hip Punch (members only) J.		19:30~20:30 Back&Arm wako	19:30~20:30 Hip&Leg Reico	19:30~20:30 base to neutral (members only) Saki
19:30	19:00~20:00 base to neutral (members only) Saki	19:00~20:00 Pilates Workout (members only) Saki		21:00~22:00 Advance (members only) J.	21:00~22:00 Jump to Burn Kanna	21:00~22:00 Animal Stretch (members only) Kanna

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）