



pilates

# pilates K 広島店 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)	
10:30	10:30~11:30 Jump to Burn Minami	10:30~11:30 Basic emma	10:30~11:30 Waist miku	10:30~11:30 Pilates Workout (members only) Minami	close	10:30~11:30 Advance (members only) Sayano	10:30~11:30 Hip&Leg sora	10:30~11:30 Basic miku	
12:00	12:00~13:00 Waist miku	12:00~13:00 Body Balance (members only) miku	12:00~13:00 Pilates Barre sora	12:00~13:00 Stretch&Conditioning sora		12:00~13:00 Back&Arm Minami	12:00~13:00 base to neutral (members only) Sayano	12:00~13:00 Hip&Leg Minami	
13:30	13:30~14:30 Basic miku	13:30~14:30 Waist miku	13:30~14:30 Basic Hikari	13:30~14:30 Reset Flow emma		13:30~14:30 Pilates Cardio Sayano	13:30~14:30 Pilates Barre sora	13:30~14:30 Waist miku	
15:00	15:00~16:00 Hip&Leg Minami	15:00~16:00 Release&Strength Sayano	15:00~16:00 Back&Spine (members only) Sayano	15:00~16:00 Basic sora		15:00~16:00 Basic Hikari		15:00~16:00 Shape up Waist (members only) emma	
17:00	17:00~18:00 base to neutral (members only) Sayano	17:00~18:00 Basic Hikari	16:30~17:30 Body Balance (members only) miku	16:30~17:30 Pilates Cardio Sayano		18:00~19:00 Animal Stretch (members only) emma	17:00~18:00 Waist miku	17:00~18:00 Basic sora	
18:00	18:30~19:30 Basic sora	18:30~19:30 Back&Arm Minami	18:00~19:00 Hip Punch (members only) emma	19:30~20:30 Basic Sayano			18:30~19:30 Hip&Leg sora	18:30~19:30 Hip Punch (members only) emma	
19:30	20:00~21:00 Back&Spine (members only) Sayano	20:00~21:00 Pilates Cardio Sayano					20:00~21:00 Body Balance (members only) miku	20:00~21:00 Basic Minami	20:00~21:00 Stretch&Conditioning sora

	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)
10:30	10:30~11:30 Back&Spine (members only) Sayano	10:30~11:30 Hip&Leg Minami	10:30~11:30 Release&Strength Sayano	close	10:30~11:30 Basic miku	10:30~11:30 Reset Flow emma	10:30~11:30 Pilates Barre sora
12:00	12:00~13:00 Reset Flow emma	12:00~13:00 Shape up Waist (members only) emma	12:00~13:00 Basic miku		12:00~13:00 Hip Punch (members only) emma	12:00~13:00 Hip&Leg Minami	12:00~13:00 Body Balance (members only) miku
13:30	13:30~14:30 Hip&Leg Sayano	13:30~14:30 Pilates Cardio Sayano	13:30~14:30 Body Balance (members only) emma		13:30~14:30 Back&Arm emma	13:30~14:30 Basic Hikari	13:30~14:30 Animal Stretch (members only) sora
15:00	15:00~16:00 Animal Stretch (members only) 未定	15:00~16:00 Waist sora	15:00~16:00 Hip&Leg sora		15:00~16:00 Jump to Burn Minami		15:00~16:00 Basic Hikari
17:00	17:00~18:00 Pilates Workout (members only) Minami	16:30~17:30 Hip Punch (members only) emma	16:30~17:30 Advance (members only) Sayano		17:00~18:00 Hip&Leg sora	17:00~18:00 Back&Spine (members only) Sayano	17:00~18:00 Jump to Burn Minami
18:00	18:30~19:30 Waist sora	18:00~19:00 Basic Hikari	18:00~19:00 Back&Spine (members only) emma		18:30~19:30 Release&Strength Sayano	18:30~19:30 Waist miku	18:30~19:30 Back&Arm Minami
19:30	20:00~21:00 Basic Hikari	19:30~20:30 base to neutral (members only) Sayano			20:00~21:00 Basic sora	20:00~21:00 base to neutral (members only) Sayano	20:00~21:00 Pilates Cardio Sayano

- ・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)	
10:30	10:30~11:30 Stretch&Conditioning sora	10:30~11:30 Basic miku	10:30~11:30 Jump to Burn Minami	close	10:30~11:30 Pilates Workout (members only) Minami	10:30~11:30 Basic Hikari	10:30~11:30 Back&Spine (members only) Sayano	10:30~11:30 Waist miku	
12:00	12:00~13:00 Back&Spine (members only) emma	12:00~13:00 Body Balance (members only) miku	12:00~13:00 Waist miku		12:00~13:00 Reset Flow emma	12:00~13:00 Body Balance (members only) miku	12:00~13:00 Basic sora	12:00~13:00 Basic sora	12:00~13:00 Advance (members only) Sayano
13:30	13:30~14:30 Basic sora	13:30~14:30 Waist Minami	13:30~14:30 Hip Punch (members only) emma		13:30~14:30 Basic Hikari	13:30~14:30 Jump to Burn emma	13:30~14:30 base to neutral (members only) Sayano	13:30~14:30 base to neutral (members only) Sayano	13:30~14:30 Basic Hikari
15:00	15:00~16:00 Hip&Leg Sayano	15:00~16:00 Basic Hikari	15:00~16:00 base to neutral (members only) Sayano		15:00~16:00 Shape up Waist (members only) emma	15:00~16:00 Shape up Waist (members only) emma	15:00~16:00 Waist emma	15:00~16:00 Waist emma	15:00~16:00 Reset Flow emma
17:00	17:00~18:00 Pilates Barre emma	16:30~17:30 Hip&Leg Minami	16:30~17:30 Pilates Workout (members only) Minami		17:00~18:00 Basic sora	17:00~18:00 Basic sora	17:00~18:00 Reset Flow emma	17:00~18:00 Reset Flow emma	16:30~17:30 Release&Strength Sayano
18:00	18:30~19:30 Basic Hikari	18:00~19:00 Back&Arm emma	18:00~19:00 Basic sora		18:30~19:30 Waist miku	18:30~19:30 Waist miku	18:30~19:30 Basic Hikari	18:30~19:30 Basic Hikari	18:00~19:00 Basic Hikari
19:30	20:00~21:00 Advance (members only) Sayano	19:30~20:30 Shape up Waist (members only) emma			20:00~21:00 Animal Stretch (members only) sora	20:00~21:00 Animal Stretch (members only) sora	18:30~19:30 Hip&Leg Sayano	20:00~21:00 Hip Punch (members only) emma	19:30~20:30 Shape up Waist (members only) emma

	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)
10:30	10:30~11:30 Animal Stretch (members only) sora	10:30~11:30 Hip&Leg sora	close	10:30~11:30 Release&Strength Sayano	10:30~11:30 Hip Punch (members only) emma	10:30~11:30 Basic Hikari
12:00	12:00~13:00 Waist miku	12:00~13:00 Basic miku		12:00~13:00 Hip&Leg sora	12:00~13:00 Animal Stretch (members only) sora	12:00~13:00 base to neutral (members only) Sayano
13:30	13:30~14:30 Pilates Workout (members only) emma	13:30~14:30 Pilates Barre sora		13:30~14:30 Pilates Cardio Sayano	13:30~14:30 Back&Arm emma	13:30~14:30 Waist miku
15:00	15:00~16:00 Stretch&Conditioning sora	15:00~16:00 Advance (members only) Sayano		15:00~16:00 Basic sora		15:00~16:00 Reset Flow emma
17:00	16:30~17:30 Back&Spine (members only) Sayano	16:30~17:30 Basic Hikari		17:00~18:00 Waist miku	17:00~18:00 Shape up Waist (members only) emma	17:00~18:00 Back&Arm 未定
18:00	18:00~19:00 Back&Arm emma	18:00~19:00 base to neutral (members only) Sayano		18:30~19:30 Basic Hikari	18:30~19:30 Stretch&Conditioning sora	18:30~19:30 Body Balance (members only) miku
19:30	19:30~20:30 Basic Sayano			20:00~21:00 Body Balance (members only) miku	20:00~21:00 Basic miku	20:00~21:00 Hip&Leg sora

## 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）