



pilates

pilates K 神戸三宮店 Lesson Schedule

更新日2024/2/29

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	10:00~11:00 Basic Natsuho	10:00~11:00 Pilates Workout (members only) Moa	10:00~11:00 base to neutral (members only) Ryon	10:30~11:30 Back&Arm arisa	close	10:00~11:00 Stretch&Conditioning Manami	10:30~11:30 Hip Punch (members only) Moa	10:00~11:00 base to neutral (members only) Ryon
12:00	11:30~12:30 Body Balance (members only) Manami	11:30~12:30 Basic Natsuho	11:30~12:30 Back&Spine (members only) sagiri	12:00~13:00 Advance (members only) Ryon		11:30~12:30 Waist Manami	12:00~13:00 Body Balance (members only) Manami	11:30~12:30 Release&Strength Ryon
13:30	13:00~14:00 Basic 0	13:00~14:00 Pilates Barre Moa	13:00~14:00 Pilates Workout (members only) Ryon	13:30~14:30 Basic Natsuho		13:00~14:00 Basic sagiri	13:30~14:30 Body Balance (members only) Moa	13:00~14:00 Basic Natsuho
15:00	14:30~15:30 Animal Stretch (members only) Manami	14:30~15:30 Basic Natsuho	14:30~15:30 Basic Natsuho	15:00~16:00 Pilates Workout (members only) arisa		14:30~15:30 Pilates Barre Ryon	13:30~14:30 Waist Moa	14:30~15:30 Shape up Waist (members only) Manami
17:00			16:00~17:00 Animal Stretch (members only) Manami	16:30~17:30 Basic Natsuho				
18:00	18:00~19:00 Reset Flow (members only) Ryon	18:00~19:00 Body Balance (members only) Manami	17:30~18:30 Hip&Leg sagiri	18:00~19:00 Reset Flow (members only) Ryon		18:00~19:00 Basic sagiri	18:00~19:00 Jump to Burn Ryon	18:00~19:00 Basic sagiri
19:30	19:30~20:30 Waist Manami	19:30~20:30 Basic Natsuho	19:00~20:00 Stretch&Conditioning Manami			19:30~20:30 Shape up Waist (members only) Ryon	19:30~20:30 Back&Spine (members only) sagiri	19:30~20:30 Pilates Cardio Manami
21:00	21:00~22:00 Jump to Burn Ryon	21:00~22:00 Pilates Cardio Manami				21:00~22:00 Hip&Leg sagiri	21:00~22:00 Basic Natsuho	21:00~22:00 Back&Spine (members only) sagiri

	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	10:00~11:00 Basic Natsuho	10:00~11:00 Animal Stretch (members only) Manami	10:30~11:30 Basic sagiri	close	10:00~11:00 Back&Spine (members only) sagiri	10:30~11:30 Hip&Leg sagiri	close	
12:00	11:30~12:30 Hip Punch (members only) Ryon	11:30~12:30 Body Balance (members only) Ryon	12:00~13:00 Pilates Workout (members only) Ryon		11:30~12:30 Shape up Waist (members only) Manami	12:00~13:00 Animal Stretch (members only) Manami		
13:30	13:00~14:00 Reset Flow (members only) Ryon	13:00~14:00 Waist Manami	13:30~14:30 Body Balance (members only) Manami		13:00~14:00 Hip&Leg sagiri	13:30~14:30 Back&Spine (members only) sagiri		
15:00	14:30~15:30 Back&Spine (members only) sagiri	14:30~15:30 Advance (members only) Ryon	15:00~16:00 Hip&Leg sagiri		14:30~15:30 Basic Natsuho			
17:00		16:00~17:00 Hip&Leg sagiri	16:30~17:30 base to neutral (members only) Ryon			18:00~19:00 Jump to Burn Ryon		18:00~19:00 Waist Manami
18:00	18:00~19:00 Shape up Waist (members only) Manami	17:30~18:30 Basic sagiri	18:00~19:00 Shape up Waist (members only) Manami		19:30~20:30 Basic Natsuho	19:30~20:30 Basic Natsuho		
19:30	19:30~20:30 Hip&Leg sagiri	19:00~20:00 Pilates Barre Manami			21:00~22:00 Release&Strength Ryon	21:00~22:00 Pilates Cardio Manami		
21:00	21:00~22:00 Stretch&Conditioning Manami							

・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時間前を切ったの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。



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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)
10:30	10:00~11:00 Body Balance (members only) Manami	10:00~11:00 Basic Natsuho	10:30~11:30 Hip&Leg sagiri	10:00~11:00 base to neutral (members only) Ryon	10:00~11:00 Hip Punch (members only) Moa	10:30~11:30 Basic Natsuho	10:00~11:00 Advance (members only) Moa
12:00	11:30~12:30 Basic Natsuho	11:30~12:30 Shape up Waist (members only) Manami	12:00~13:00 Basic Natsuho	11:30~12:30 Basic Natsuho	11:30~12:30 Reset Flow (members only) Ryon	12:00~13:00 Pilates Workout (members only) Moa	11:30~12:30 Hip&Leg sagiri
13:30	13:00~14:00 Waist Manami	13:00~14:00 Reset Flow (members only) Ryon	13:30~14:30 Hip Punch (members only) Moa	13:00~14:00 Release&Strength Ryon	13:00~14:00 Basic Moa	13:30~14:30 Hip&Leg sagiri	13:00~14:00 Animal Stretch (members only) Moa
15:00	14:30~15:30 Jump to Burn Ryon	14:30~15:30 Back&Arm Moa	15:00~16:00 Basic Natsuho	14:30~15:30 Pilates Cardio Manami	14:30~15:30 Back&Spine (members only) sagiri	18:00~19:00 Stretch&Conditioning	14:30~15:30 Basic Natsuho
17:00	18:00~19:00 Back&Spine (members only) sagiri	16:00~17:00 Basic Natsuho	16:30~17:30 Back&Spine (members only) sagiri	18:00~19:00 Hip&Leg sagiri	18:00~19:00 Waist Manami	19:30~20:30 Shape up Waist (members only) Manami	18:00~19:00 Pilates Barre Ryon
18:00	19:30~20:30 base to neutral (members only) Ryon	17:30~18:30 Jump to Burn Ryon	18:00~19:00 Pilates Workout (members only) Moa	19:30~20:30 Body Balance (members only) Manami	19:30~20:30 Hip&Leg sagiri	21:00~22:00 Body Balance (members only) Ryon	19:30~20:30 Basic Natsuho
19:30	21:00~22:00 Hip&Leg sagiri	19:00~20:00 Release&Strength Moa		21:00~22:00 Back&Spine (members only) sagiri	21:00~22:00 Pilates Cardio Manami		21:00~22:00 Waist Ryon

	2月23日(金)	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	10:00~11:00 Hip&Leg sagiri	10:00~11:00 Shape up Waist (members only) Manami	10:30~11:30 Back&Spine (members only) sagiri	close	10:00~11:00 Basic sagiri	10:30~11:30 Stretch&Conditioning Manami	10:00~11:00 Shape up Waist (members only) sagiri	
12:00	11:30~12:30 Release&Strength Moa	11:30~12:30 Advance (members only) Ryon	12:00~13:00 Animal Stretch (members only) Moa		11:30~12:30 Pilates Cardio Manami	12:00~13:00 Hip&Leg sagiri	13:00~14:00 Body Balance (members only) Manami	11:30~12:30 Basic Natsuho
13:30	13:00~14:00 Back&Spine (members only) sagiri	13:00~14:00 Basic Natsuho	13:30~14:30 Hip&Leg sagiri		13:00~14:00 Shape up Waist (members only) sagiri	14:30~15:30 Hip&Leg Moa		13:00~14:00 Back&Spine (members only) sagiri
15:00	14:30~15:30 Back&Arm Moa	14:30~15:30 Pilates Barre Manami	15:00~16:00 Basic Natsuho		18:00~19:00 Pilates Barre Manami	18:00~19:00 Basic Moa	19:30~20:30 Back&Arm Natsuho	14:30~15:30 Pilates Barre Manami
17:00	18:00~19:00 Waist Manami	17:30~18:30 Body Balance (members only) Manami	16:30~17:30 Pilates Workout (members only) Moa		19:30~20:30 Advance (members only) Moa	19:30~20:30 Basic Natsuho		18:00~19:00 base to neutral (members only) Ryon
18:00	19:30~20:30 Basic Natsuho	19:00~20:00 Basic Natsuho	18:00~19:00 Basic Natsuho		21:00~22:00 Hip Punch (members only) Moa	21:00~22:00 base to neutral (members only) Moa		19:30~20:30 Waist Manami
19:30	21:00~22:00 Pilates Workout (members only) Manami							21:00~22:00 Basic Moa

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)