



pilates

# pilates K なんば店 Lesson Schedule

更新日2024/2/16

2024/3/1~2024/3/15

	3月1日(金)	3月2日(土)	3月3日(日)	3月4日(月)	3月5日(火)	3月6日(水)	3月7日(木)	3月8日(金)	
10:30		10:00~11:00 Stretch&Conditioning mami	10:00~11:00 Hip&Leg mami	close	10:00~11:00 Basic arisa				
	10:30~11:30 Back&Spine (members only) mami				11:30~12:30 Hip&Leg Sakura	10:30~11:30 Advance (members only) Sakura	10:30~11:30 Pilates Cardio Reona	10:30~11:30 Shape up Waist (members only) Reona	
12:00	12:00~13:00 Waist Rio	11:30~12:30 Body Balance (members only) mami	11:30~12:30 Back&Arm Moe		13:00~14:00 Hip Punch (members only) Reona	12:00~13:00 Release&Strength mami	12:00~13:00 Waist mami	12:00~13:00 Hip&Leg mami	
13:30	13:30~14:30 Release&Strength mami	13:00~14:00 Basic Sakura	14:30~15:30 Pilates Barre mami		16:00~17:00 Basic Moe	13:30~14:30 Pilates Workout (members only) arisa	13:30~14:30 Body Balance (members only) Sakura	13:30~14:30 Hip Punch (members only) Reona	13:30~14:30 Basic Reona
15:00		14:30~15:30 Pilates Workout (members only) Moa	16:00~17:00 Basic Moe		17:30~18:30 Release&Strength Reona	14:30~15:30 Back&Arm Sakura			
17:00		16:00~17:00 Hip&Leg mami				18:00~19:00 Basic Moe	18:00~19:00 Pilates Cardio Reona	18:00~19:00 Back&Arm Moe	18:00~19:00 Basic Moe
18:00	18:00~19:00 Jump to Burn Reona	17:30~18:30 Animal Stretch (members only) Sakura				19:30~20:30 Shape up Waist (members only) mami	19:30~20:30 Basic Moe	19:30~20:30 Pilates Barre Sakura	19:30~20:30 Body Balance (members only) mami
19:30	19:30~20:30 Basic Moe	19:00~20:00 Waist Moa				21:00~22:00 Hip&Leg mami	21:00~22:00 Back&Spine (members only) Reona	21:00~22:00 Basic Moe	21:00~22:00 Stretch&Conditioning Moe
21:00	21:00~22:00 Reset Flow (members only) Reona								

	3月9日(土)	3月10日(日)	3月11日(月)	3月12日(火)	3月13日(水)	3月14日(木)	3月15日(金)
10:30	10:00~11:00 Back&Spine (members only) Reona	10:00~11:00 Stretch&Conditioning Sakura	close	10:00~11:00 Hip Punch (members only) Sakura			
12:00	11:30~12:30 Back&Arm Moe	11:30~12:30 Waist Azusa		11:30~12:30 Pilates Cardio Reona	10:30~11:30 Hip&Leg Sakura	10:30~11:30 Back&Arm Moe	10:30~11:30 Basic Moe
13:30	13:00~14:00 Reset Flow (members only) Reona	13:00~14:00 Basic Sakura		13:00~14:00 Release&Strength Sakura	12:00~13:00 Jump to Burn Sakura	12:00~13:00 Shape up Waist (members only) Reona	12:00~13:00 Back&Arm Moe
15:00	14:30~15:30 Pilates Barre Sakura	14:30~15:30 Shape up Waist (members only) mami		14:30~15:30 Animal Stretch (members only) Reona	13:30~14:30 Pilates Workout (members only) Reona	13:30~14:30 Basic Moe	13:30~14:30 Back&Spine (members only) Reona
17:00	16:00~17:00 Body Balance (members only) mami	16:00~17:00 Back&Arm Azusa					
18:00	17:30~18:30 Waist Sakura	17:30~18:30 Hip&Leg mami		18:00~19:00 Back&Arm Moe	18:00~19:00 Pilates Cardio yun	18:00~19:00 Advance (members only) Sakura	18:00~19:00 Pilates Barre Reona
19:30	19:00~20:00 Release&Strength mami			19:30~20:30 Stretch&Conditioning Moe	19:30~20:30 Reset Flow (members only) Reona	19:30~20:30 Basic Maori	19:30~20:30 Pilates Workout (members only) Karin
21:00				21:00~22:00 Basic Natsuho	21:00~22:00 Basic yun	21:00~22:00 Body Balance (members only) Sakura	21:00~22:00 Hip Punch (members only) Reona

- ・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。



pilates

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2024/3/16~2024/3/31

	3月16日(土)	3月17日(日)	3月18日(月)	3月19日(火)	3月20日(水)	3月21日(木)	3月22日(金)	3月23日(土)
10:30	10:00~11:00 Pilates Cardio michi	10:00~11:00 Stretch&Conditioning Moe	close	10:00~11:00 Pilates Barre Reona	10:00~11:00 Reset Flow (members only) Reona	10:30~11:30 Waist Reona	10:30~11:30 Advance (members only) Sakura	10:00~11:00 Back&Arm Moe
12:00	11:30~12:30 Basic nanami	11:30~12:30 Jump to Burn Sakura		11:30~12:30 Pilates Workout (members only) Reona	11:30~12:30 Basic Moe	12:00~13:00 Pilates Cardio Reona	12:00~13:00 Sakura	11:30~12:30 Animal Stretch (members only) Sakura
13:30	13:00~14:00 Pilates Workout (members only) Kia	13:00~14:00 Back&Spine (members only) Moa		13:00~14:00 Basic Moe	13:00~14:00 Hip Punch (members only) Reona	13:30~14:30 Shape up Waist (members only) Sakura	13:30~14:30 Basic Azusa	13:00~14:00 Basic Moe
15:00	14:30~15:30 Basic Moe	14:30~15:30 Basic Moe		14:30~15:30 Stretch&Conditioning Moe	16:00~17:00 Body Balance (members only) Sakura	18:00~19:00 Body Balance (members only) yui	18:00~19:00 Waist Rio	14:30~15:30 Body Balance (members only) Reona
17:00	16:00~17:00 Waist nanami	16:00~17:00 Pilates Cardio Moa		17:30~18:30 Hip&Leg Kia	18:00~19:00 Advance (members only) Sakura	17:30~18:30 Basic Moe	19:30~20:30 Back&Spine (members only) Sakura	16:00~17:00 Release&Strength Sakura
18:00	17:30~18:30 Hip&Leg Kia	17:30~18:30 Hip Punch (members only) Sakura		19:30~20:30 Basic Moe	19:30~20:30 Basic Moe	19:00~20:00 Animal Stretch (members only) Sakura	19:30~20:30 Back&Arm Moe	17:30~18:30 Reset Flow (members only) Reona
19:30	19:00~20:00 Back&Arm Moe			21:00~22:00 Release&Strength Sakura	21:00~22:00 Release&Strength Sakura	21:00~22:00 Shape up Waist (members only) michi	21:00~22:00 Stretch&Conditioning Moe	19:00~20:00 Hip&Leg Momoka.K
21:00								

	3月24日(日)	3月25日(月)	3月26日(火)	3月27日(水)	3月28日(木)	3月29日(金)	3月30日(土)	3月31日(日)
10:30	10:00~11:00 Waist Momoka.K	close	10:00~11:00 Basic Moe	10:30~11:30 Hip&Leg rina	10:30~11:30 Back&Spine (members only) Sakura	10:30~11:30 Pilates Cardio michi	10:00~11:00 Pilates Workout (members only) Reona	10:00~11:00 Basic RIO
12:00	11:30~12:30 Pilates Workout (members only) Reona		11:30~12:30 Hip Punch (members only) Reona	12:00~13:00 Pilates Barre Sakura	12:00~13:00 Release&Strength Sakura	12:00~13:00 Waist michi	11:30~12:30 Hip&Leg Maori	11:30~12:30 Advance (members only) Sakura
13:30	13:00~14:00 Basic Momoka.K		13:00~14:00 Stretch&Conditioning Moe	13:30~14:30 Body Balance (members only) rina	13:30~14:30 Basic Moe	13:30~14:30 Advance (members only) Reona	13:00~14:00 Body Balance (members only) Sakura	13:00~14:00 Waist RIO
15:00	14:30~15:30 Stretch&Conditioning Moe		14:30~15:30 Reset Flow (members only) Reona	18:00~19:00 Pilates Cardio michi	18:00~19:00 Waist Sakura	18:00~19:00 Hip&Leg michi	14:30~15:30 Animal Stretch (members only) Reona	14:30~15:30 Hip Punch (members only) Reona
17:00	16:00~17:00 Back&Spine (members only) Reona		17:30~18:30 Basic Moe	19:30~20:30 Pilates Barre Sakura	19:30~20:30 Release&Strength Reona	19:30~20:30 Back&Arm Moe	16:00~17:00 Jump to Burn Sakura	16:00~17:00 Hip&Leg Sakura
18:00	17:30~18:30 Basic Moe		18:00~19:00 Pilates Cardio michi	18:00~19:00 Waist Sakura	19:30~20:30 Release&Strength Reona	21:00~22:00 Shape up Waist (members only) michi	17:30~18:30 Back&Arm Moe	17:30~18:30 Shape up Waist (members only) Reona
19:30	19:00~20:00 Back&Arm Moe		21:00~22:00 Back&Spine (members only) Sakura	21:00~22:00 Jump to Burn Reona	21:00~22:00 Jump to Burn Reona	21:00~22:00 Stretch&Conditioning Moe	19:00~20:00 Basic Moe	
21:00								

## 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)