



pilates

pilates K 天王寺店 Lesson Schedule

更新日2024/2/9

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

	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 Stretch&Conditioning miho	10:00~11:00 Body Balance (members only) yun	close	10:00~11:00 Hip Punch (members only) miho		
10:30	10:30~11:30 Reset Flow (members only) Reona	11:30~12:30 Hip&Leg Sarasa.T	11:30~12:30 Animal Stretch (members only) miho		11:30~12:30 Hip&Leg Kei	10:30~11:30 Stretch&Conditioning miho	10:30~11:30 Pilates Workout (members only) Karin
12:00	12:00~13:00 Body Balance (members only) yun	13:00~14:00 base to neutral (members only) miho	13:00~14:00 Waist miho		13:00~14:00 Release&Strength miho	12:00~13:00 Waist Karin	12:00~13:00 Pilates Barre Karin
13:30	13:30~14:30 Pilates Cardio yun	14:30~15:30 Back&Arm yun	14:30~15:30 Back&Arm ryo		14:30~15:30 Waist miho	13:30~14:30 base to neutral (members only) miho	13:30~14:30 Basic Maori
15:00	15:00~16:00 Basic Maori	16:00~17:00 Waist miho	16:00~17:00 Back&Spine (members only) yun		18:00~19:00 Basic Maori	18:00~19:00 Body Balance (members only) yun	18:00~19:00 Advance (members only) yun
17:00		17:30~18:30 Shape up Waist (members only) yun	17:30~18:30 Pilates Cardio yun		19:30~20:30 Shape up Waist (members only) Kei	19:30~20:30 Basic Maori	19:30~20:30 Hip&Leg Kei
18:00	18:00~19:00 Basic Maori	19:00~20:00 Basic Maori	19:00~20:00 base to neutral (members only) miho		21:00~22:00 Back&Arm Kei	21:00~22:00 Back&Spine (members only) yun	21:00~22:00 Reset Flow (members only) Kei
19:30	19:30~20:30 Jump to Burn michi						
21:00	21:00~22:00 Back&Arm yun						

- ・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 Pilates Workout (members only) Karin	10:00~11:00 Back&Arm Kei	close	10:00~11:00 Basic Ayane			10:00~11:00 base to neutral (members only) miho	
10:30	10:30~11:30 Back&Spine (members only) yun	11:30~12:30 Pilates Barre Karin	11:30~12:30 Hip&Leg Karin		11:30~12:30 Body Balance (members only) yun	10:30~11:30 Pilates Barre Karin	10:30~11:30 Waist Karin		11:30~12:30 Hip Punch (members only) Kei
12:00	12:00~13:00 Basic Maori	13:00~14:00 Basic Maori	13:00~14:00 Reset Flow (members only) Karin		13:00~14:00 Pilates Cardio Karin	12:00~13:00 Back&Arm yun	12:00~13:00 Basic Maori		13:00~14:00 Release&Strength miho
13:30	13:30~14:30 Jump to Burn yun	14:30~15:30 Body Balance (members only) yun	14:30~15:30 Hip Punch (members only) Kei		14:30~15:30 Hip&Leg Karin	13:30~14:30 Animal Stretch (members only) miho	13:30~14:30 Pilates Cardio Karin		14:30~15:30 Basic Maori
15:00	15:00~16:00 Stretch&Conditioning miho	16:00~17:00 base to neutral (members only) miho	16:00~17:00 Shape up Waist (members only) yun						16:00~17:00 Waist Kei
17:00	18:00~19:00 Body Balance (members only) miho	17:30~18:30 Advance (members only) yun	17:30~18:30 Jump to Burn yun			18:00~19:00 Stretch&Conditioning miho	18:00~19:00 Basic Maori	18:00~19:00 Shape up Waist (members only) Kei	17:30~18:30 Pilates Cardio Karin
18:00	19:30~20:30 Back&Arm yun	19:00~20:00 Stretch&Conditioning miho			19:30~20:30 Hip Punch (members only) miho	19:30~20:30 base to neutral (members only) miho	19:30~20:30 Basic Maori	19:30~20:30 Basic Maori	19:00~20:00 Hip&Leg 未定
19:30	21:00~22:00 Release&Strength miho				21:00~22:00 Basic Maori	21:00~22:00 Hip&Leg Kei	21:00~22:00 Pilates Workout (members only) Kei		

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