



pilates

pilates K 天王寺店 Lesson Schedule

更新日2024/2/15

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

| | 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) | 3月16日(土) | |
|-------|---|---|----------|-------------------------------|--|---|--|---|---|
| 10:00 | 10:00~11:00 Waist miho | 10:30~11:30 Reset Flow (members only) Kei | close | 10:00~11:00 Basic Ayane | 10:30~11:30 Shape up Waist (members only) Kei | 10:00~11:00 Jump to Burn Karin | 10:30~11:30 Stretch&Conditioning miho | 10:00~11:00 Body Balance (members only) yun | |
| 11:30 | 11:30~12:30 Back&Arm Kei | 12:00~13:00 Hip&Leg Maori | | | 11:30~12:30 Back&Spine (members only) yun | 12:00~13:00 Basic Maori | 11:30~12:30 Body Balance (members only) miho | 12:00~13:00 Pilates Cardio yun | 11:30~12:30 Basic Maori |
| 13:00 | 13:00~14:00 Hip Punch (members only) Kei | 13:30~14:30 Advance (members only) miho | | | 13:00~14:00 Waist Kei | 13:30~14:30 Hip&Leg Maori | 13:00~14:00 Pilates Barre Karin | 13:30~14:30 Animal Stretch (members only) miho | 13:00~14:00 Back&Arm yun |
| 14:30 | 14:30~15:30 Animal Stretch (members only) miho | 15:00~16:00 Pilates Workout (members only) Kei | | | 14:30~15:30 Back&Arm yun | | 14:30~15:30 Release&Strength miho | | 14:30~15:30 Pilates Barre Karin |
| 16:00 | 16:00~17:00 Basic yun | 16:30~17:30 Stretch&Conditioning miho | | | | 18:00~19:00 Release&Strength miho | 18:00~19:00 Shape up Waist (members only) Kei | 18:00~19:00 Hip Punch (members only) Kei | 16:00~17:00 Advance (members only) yun |
| 17:00 | 17:30~18:30 Hip&Leg Karin | 18:00~19:00 Basic Maori | | | 18:00~19:00 Pilates Cardio Kei | 19:30~20:30 Pilates Workout (members only) Kei | 19:30~20:30 Reset Flow (members only) Karin | 19:30~20:30 Basic Maori | 17:30~18:30 Jump to Burn Karin |
| 18:00 | 19:00~20:00 Pilates Barre Karin | | | | 19:30~20:30 Pilates Barre Karin | 21:00~22:00 Advance (members only) miho | 21:00~22:00 Back&Arm Kei | 21:00~22:00 Waist Kei | 19:00~20:00 Hip&Leg Maori |
| 19:30 | | | | | 21:00~22:00 Basic Maori | | | | |

- ・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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2024/3/16~2024/3/31

| | 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) | 3月24日(日) | |
|-------|---|----------|---|---|--|---|--|--|---|
| 10:00 | | close | 10:00~11:00 Hip Punch (members only) Kei | 10:00~11:00 Body Balance (members only) yun | 10:00~11:00 Hip&Leg Maori | | 10:00~11:00 Animal Stretch (members only) 未定 | 10:30~11:30 Advance (members only) miho | |
| | 10:30~11:30 Jump to Burn yun | | | 11:30~12:30 Pilates Cardio yun | 11:30~12:30 Basic Maori | 11:30~12:30 Waist Kei | 10:30~11:30 Basic Maori | 11:30~12:30 Pilates Barre 未定 | 12:00~13:00 Basic Maori |
| 11:30 | 12:00~13:00 Pilates Cardio michi | | | 13:00~14:00 Stretch&Conditioning miho | 13:00~14:00 Release&Strength miho | 13:00~14:00 Basic Maori | 12:00~13:00 Shape up Waist (members only) yun | 13:00~14:00 Waist Kei | 13:30~14:30 Pilates Workout (members only) Karin |
| 13:00 | 13:30~14:30 Basic miho | | | | 14:30~15:30 Pilates Cardio yun | 14:30~15:30 Back&Spine (members only) 未定 | 13:30~14:30 Hip&Leg Maori | 14:30~15:30 Reset Flow (members only) Karin | 15:00~16:00 Jump to Burn 未定 |
| 14:30 | 15:00~16:00 Back&Spine (members only) yun | | | 18:00~19:00 Hip&Leg Maori | 16:00~17:00 Back&Arm yun | | | 16:00~17:00 Shape up Waist (members only) Kei | 16:30~17:30 Basic Maori |
| 16:00 | 16:30~17:30 Animal Stretch (members only) miho | | | 19:30~20:30 Back&Arm Karin | 17:30~18:30 Advance (members only) miho | 18:00~19:00 Jump to Burn 未定 | 18:00~19:00 Basic yun | 17:30~18:30 Basic yun | 18:00~19:00 Hip Punch (members only) 未定 |
| 17:00 | 18:00~19:00 Shape up Waist (members only) miho | | | 21:00~22:00 Animal Stretch (members only) 未定 | | 19:30~20:30 Hip&Leg Maori | 19:30~20:30 Basic Karin | 19:00~20:00 Back&Arm Kei | |
| 18:00 | 18:00~19:00 Shape up Waist (members only) miho | | | | | 21:00~22:00 Hip Punch (members only) 未定 | 21:00~22:00 Stretch&Conditioning miho | | |
| 19:30 | 19:30~20:30 Basic miho | | | | | | 21:00~22:00 Body Balance (members only) miho | | |
| 21:00 | | | | | | | | | |

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