



pilates

pilates K 広島店 Lesson Schedule

更新日2024/2/28

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

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



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

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