

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

<sup>・</sup>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。

<sup>・</sup>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。

<sup>・</sup>レッスン開始時刻1時間前を切ってのキャンセルは時間外キャンセルとなります。



## pilates K 広島店 Lesson Schedule

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

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)**