



pilates

pilates K 銀座店 Lesson Schedule

更新日2024/3/5

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 Back&Arm wako	10:00~11:00 Release&Strength J.	10:00~11:00 Basic Reico	close	10:00~11:00 Stretch&Conditioning Kanna	10:00~11:00 Hip&Leg Saki	10:00~11:00 Pilates Barre Saki	10:00~11:00 Pilates Cardio Reico	
11:30	11:30~12:30 Waist Kanna	11:30~12:30 Basic wako	11:30~12:30 Jump to Burn Kanna		11:30~12:30 Body Balance (members only) wako	11:30~12:30 Shape up Waist (members only) J.	11:30~12:30 Waist Reico	11:30~12:30 Pilates Cardio Reico	11:30~12:30 Hip&Leg Saki
13:00	13:00~14:00 Reset Flow (members only) wako	13:00~14:00 Animal Stretch (members only) J.	13:00~14:00 Body Balance (members only) wako		13:00~14:00 Jump to Burn Kanna	13:00~14:00 Hip Punch (members only) Saki	13:00~14:00 Reset Flow (members only) Saki	13:00~14:00 Pilates Cardio Reico	13:00~14:00 Back&Arm Reico
14:30	14:30~15:30 Basic Kanna	14:30~15:30 Advance (members only) J.	14:30~15:30 Hip&Leg Reico		14:30~15:30 Basic wako	14:30~15:30 Back&Spine (members only) wako	14:30~15:30 Waist Reico	14:30~15:30 Pilates Cardio Reico	14:30~15:30 Hip Punch (members only) Saki
17:00	18:00~19:00 Stretch&Conditioning Saki	16:00~17:00 Shape up Waist (members only) Kanna	16:00~17:00 Waist Kanna		17:30~18:30 Basic wako	18:00~19:00 Back&Spine (members only) wako	18:00~19:00 Waist Reico	18:00~19:00 Pilates Cardio Reico	18:00~19:00 Back&Spine (members only) wako
18:00	19:30~20:30 Hip&Leg Reico	17:30~18:30 Back&Arm wako	19:00~20:00 Back&Spine (members only) wako		19:30~20:30 Pilates Workout (members only) J.	19:30~20:30 Pilates Workout (members only) J.	19:30~20:30 Basic wako	19:30~20:30 Pilates Cardio Reico	19:30~20:30 Basic Kanna
19:30	21:00~22:00 Shape up Waist (members only) Saki	19:00~20:00 Basic Kanna			21:00~22:00 Hip&Leg J.	21:00~22:00 Animal Stretch (members only) Kanna	21:00~22:00 Pilates Cardio Reico	21:00~22:00 Pilates Cardio Reico	21:00~22:00 Body Balance (members only) wako

	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)	
10:00	10:00~11:00 Pilates Workout (members only) J.	10:00~11:00 Reset Flow (members only) wako	close	10:00~11:00 Shape up Waist (members only) Kanna	10:00~11:00 Back&Arm Sazuki	10:00~11:00 Animal Stretch Kanna	10:00~11:00 Basic Reico	
11:30	11:30~12:30 Waist Kanna	11:30~12:30 Back&Spine (members only) wako		11:30~12:30 Basic Reico	11:30~12:30 Hip&Leg Saki	11:30~12:30 Basic Reico	11:30~12:30 Pilates Cardio Reico	11:30~12:30 Pilates Cardio Reico
13:00	13:00~14:00 Back&Spine (members only) J.	13:00~14:00 Back&Arm Reico		13:00~14:00 Stretch&Conditioning Kanna	13:00~14:00 Pilates Workout (members only) Sazuki	13:00~14:00 Jump to Burn Eri	13:00~14:00 Body Balance (members only) J.	13:00~14:00 Body Balance (members only) J.
14:30	14:30~15:30 Shape up Waist (members only) Sazuki	14:30~15:30 Pilates Barre Kanna		14:30~15:30 Pilates Cardio Reico	14:30~15:30 Pilates Cardio Reico	14:30~15:30 Basic Saki	14:30~15:30 Waist Reico	14:30~15:30 Hip&Leg Reico
17:00	16:00~17:00 Basic Kanna	16:00~17:00 Pilates Cardio Reico		16:00~17:00 Pilates Cardio Reico	18:00~19:00 Hip Punch (members only) Saki	18:00~19:00 Body Balance (members only) J.	18:00~19:00 Release&Strength Yume	18:00~19:00 Pilates Barre Kanna
18:00	17:30~18:30 Hip&Leg Sazuki	17:30~18:30 Waist Kanna		19:00~20:00 Basic Reico	19:30~20:30 Animal Stretch (members only) J.	19:30~20:30 Hip Punch (members only) Saki	19:30~20:30 Shape up Waist (members only) Saki	19:30~20:30 Pilates Workout (members only) J.
19:30	19:00~20:00 Jump to Burn Kanna				21:00~22:00 Reset Flow (members only) Saki	21:00~22:00 Back&Spine (members only) J.	21:00~22:00 Advance (members only) Saki	21:00~22:00 Waist Kanna

・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)	
10:00	10:00~11:00 Back&Arm wako	10:00~11:00 Pilates Cardio Reico	close	10:00~11:00 Hip Punch (members only) J.	10:00~11:00 Body Balance (members only) J.	10:00~11:00 Release&Strength J.	10:00~11:00 Shape up Waist (members only) Sazuki	10:00~11:00 Waist Kanna	
11:30	11:30~12:30 Jump to Burn Kanna	11:30~12:30 Basic wako		11:30~12:30 Hip&Leg Saki	11:30~12:30 Shape up Waist (members only) Kanna	11:30~12:30 Basic Kanna	11:30~12:30 Basic Kanna	11:30~12:30 Release&Strength wako	11:30~12:30 Basic Kanna
13:00	13:00~14:00 Basic Reico	13:00~14:00 Back&Spine (members only) J.		13:00~14:00 Back&Arm J.	13:00~14:00 Basic Azumi	13:00~14:00 Basic Azumi	13:00~14:00 Back&Spine (members only) J.	13:00~14:00 Animal Stretch (members only) Sazuki	13:00~14:00 Body Balance (members only) wako
14:30	14:30~15:30 Reset Flow (members only) wako	14:30~15:30 Hip&Leg Reico		14:30~15:30 Hip&Leg wako	14:30~15:30 Waist Kanna	14:30~15:30 Waist Kanna	14:30~15:30 Waist Kanna	14:30~15:30 Basic wako	14:30~15:30 Hip&Leg J.
17:00	16:00~17:00 Hip&Leg Saki	16:00~17:00 Back&Arm wako		16:00~17:00 Pilates Workout (members only) J.	16:00~17:00 Pilates Workout (members only) J.	16:00~17:00 Pilates Workout (members only) J.	16:00~17:00 Pilates Workout (members only) J.	16:00~17:00 Pilates Workout (members only) J.	16:00~17:00 Release&Strength wako
18:00	17:30~18:30 Waist Reico	17:30~18:30 Advance (members only) Saki		17:30~18:30 Basic Azumi	17:30~18:30 Pilates Barre Kanna	17:30~18:30 Pilates Barre Kanna	17:30~18:30 Pilates Barre Kanna	17:30~18:30 Back&Spine (members only) wako	17:30~18:30 Pilates Cardio J.
19:30	19:00~20:00 Hip Punch (members only) Saki	19:00~20:00 Body Balance (members only) J.		19:30~20:30 Jump to Burn Kanna	19:30~20:30 Hip&Leg Azumi	19:30~20:30 Basic wako	19:30~20:30 Basic wako	19:30~20:30 Jump to Burn Kanna	19:00~20:00 Basic wako
21:00				21:00~22:00 Waist Azumi	21:00~22:00 Waist Azumi	21:00~22:00 Reset Flow (members only) wako	21:00~22:00 Reset Flow (members only) wako	21:00~22:00 Waist Kanna	

	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)
10:00	10:00~11:00 Basic wako	close	10:00~11:00 Waist Kanna	10:00~11:00 Pilates Cardio Saki	10:00~11:00 Back&Arm wako	10:00~11:00 Jump to Burn Kanna	10:00~11:00 Basic wako	10:00~11:00 Body Balance (members only) wako
11:30	11:30~12:30 Waist Kanna		11:30~12:30 Reset Flow (members only) wako	11:30~12:30 Advance (members only) J.	11:30~12:30 Back&Spine (members only) Saki	11:30~12:30 Release&Strength wako	11:30~12:30 Pilates Workout (members only) J.	11:30~12:30 Pilates Workout (members only) J.
13:00	13:00~14:00 Hip Punch (members only) Saki		13:00~14:00 Animal Stretch (members only) Kanna	13:00~14:00 Pilates Barre Saki	13:00~14:00 Basic wako	13:00~14:00 Basic wako	13:00~14:00 Waist Kanna	13:00~14:00 Pilates Barre Saki
14:30	14:30~15:30 Body Balance (members only) wako		14:30~15:30 Back&Spine (members only) wako	14:30~15:30 Hip&Leg J.	14:30~15:30 Pilates Cardio Saki	14:30~15:30 Basic wako	14:30~15:30 Basic wako	14:30~15:30 Reset Flow (members only) wako
17:00	16:00~17:00 Shape up Waist (members only) Kanna		16:00~17:00 Hip&Leg Saki	16:00~17:00 Pilates Workout (members only) J.	16:00~17:00 Pilates Workout (members only) J.	16:00~17:00 Pilates Workout (members only) J.	16:00~17:00 Pilates Workout (members only) J.	16:00~17:00 Pilates Workout (members only) J.
18:00	17:30~18:30 Hip&Leg Saki		17:30~18:30 Back&Arm J.	17:30~18:30 Basic Azumi	17:30~18:30 Basic Eri	17:30~18:30 Body Balance (members only) wako	17:30~18:30 Back&Spine (members only) wako	17:30~18:30 Pilates Barre J.
19:30	19:00~20:00 Stretch&Conditioning Saki		19:30~20:30 Hip&Leg Azumi	19:30~20:30 Jump to Burn Kanna	19:30~20:30 Hip&Leg Saki	19:30~20:30 Hip&Leg Saki	19:30~20:30 Hip Punch (members only) J.	19:30~20:30 Advance (members only) Saki
21:00			21:00~22:00 Pilates Workout (members only) J.	21:00~22:00 Pilates Workout (members only) Azumi	21:00~22:00 Shape up Waist (members only) Kanna	21:00~22:00 Shape up Waist (members only) Kanna	21:00~22:00 Stretch&Conditioning J.	21:00~22:00 Stretch&Conditioning J.

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）