



pilates

pilates K 池袋店 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)	
10:30	10:00~11:00 Pilates Barre mayumi	10:00~11:00 Basic mayumi	10:00~11:00 Hip Punch (members only) Ako	Close	10:00~11:00 Hip&Leg Ami.H	10:00~11:00 Stretch&Conditioning misaki	10:00~11:00 Back & Spine (members only) mayumi	10:00~11:00 Body Balance (members only) misaki	
12:00	11:30~12:30 Back&Arm Natsumy	11:30~12:30 Pilates Cardio Natsumy	11:30~12:30 Back&Arm mayumi		11:30~12:30 Body Balance (members only) misaki	11:30~12:30 Hip&Leg Ami.H	11:30~12:30 Hip&Leg Ami.H	11:30~12:30 Waist misaki	11:30~12:30 Hip&Leg Ami.H
13:30	13:00~14:00 Release&Strength mayumi	13:00~14:00 Back & Spine (members only) mayumi	13:00~14:00 Reset Flow (members only) Ako		13:00~14:00 Hip&Leg Ami.H	13:00~14:00 Hip&Leg Ami.H	13:00~14:00 Back&Arm mayumi	13:00~14:00 Basic mayumi	13:00~14:00 Jump to Burn misaki
15:00	14:30~15:30 Basic Natsumy	14:30~15:30 Basic Natsumy	14:30~15:30 Hip&Leg Ami.H		14:30~15:30 Pilates Cardio misaki	14:30~15:30 Pilates Cardio misaki		14:30~15:30 Pilates Workout (members only) misaki	14:30~15:30 Hip&Leg Ami.H
17:00	18:00~19:00 Advance (members only) Ako	16:00~17:00 Pilates Workout (members only) misaki	16:00~17:00 Basic mayumi			18:00~19:00 Back&Arm Natsumy	18:00~19:00 Reset Flow (members only) Ako		18:00~19:00 Release&Strength mayumi
18:00	19:30~20:30 Jump to Burn misaki	17:30~18:30 Hip&Leg Ami.H	17:30~18:30 Shape up Waist (members only) Ako			19:30~20:30 Shape up Waist (members only) Ako	19:30~20:30 Basic Natsumy	18:00~19:00 Basic Natsumy	19:30~20:30 Waist Ako
19:30	21:00~22:00 Shape up Waist (members only) Ako	19:00~20:00 Waist misaki	19:00~20:00 Hip&Leg Ami.H			21:00~22:00 Basic Natsumy	21:00~22:00 Animal Stretch (members only) Ako	19:30~20:30 Pilates Barre mayumi	21:00~22:00 Back & Spine (members only) mayumi
21:00								21:00~22:00 Pilates Cardio Natsumy	

	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	10:00~11:00 Hip&Leg Ami.H	10:00~11:00 Pilates Workout (members only) misaki	Close	10:00~11:00 Back & Spine (members only) mayumi	10:00~11:00 Pilates Cardio Natsumy	10:00~11:00 Reset Flow (members only) Ako	10:00~11:30 Jump to Burn misaki	
12:00	11:30~12:30 Back&Arm Natsumy	11:30~12:30 Hip&Leg Ami.H		11:30~12:30 Body Balance (members only) Sayaka	11:30~12:30 Release&Strength Ako	11:30~12:30 Basic Natsumy	11:30~12:30 Basic Natsumy	11:30~12:30 Pilates Cardio Natsumy
13:30	13:00~14:00 Reset Flow (members only) Ako	13:00~14:00 Body Balance (members only) misaki		13:00~14:00 Pilates Workout (members only) Sayaka	13:00~14:00 Basic Natsumy	13:00~14:00 Basic Natsumy	13:00~14:00 Advance (members only) Ako	13:00~14:00 Waist misaki
15:00	14:30~15:30 Pilates Cardio Natsumy	14:30~15:30 Basic Natsumy		14:30~15:30 Basic mayumi	14:30~15:30 Hip Punch (members only) Ako	14:30~15:30 Hip Punch (members only) Ako	14:30~15:30 Back&Arm Natsumy	
17:00	16:00~17:00 Release&Strength mayumi	16:00~17:00 Animal Stretch (members only) Ako			18:00~19:00 Shape up Waist (members only) meiko	18:00~19:00 Shape up Waist (members only) meiko	18:00~19:00 Back & Spine (members only) mayumi	18:00~19:00 Basic mayumi
18:00	19:00~20:00 Basic mayumi	17:30~18:30 Back&Arm Natsumy		18:00~19:00 Jump to Burn misaki	19:30~20:30 Animal Stretch (members only) misaki	19:30~20:30 Animal Stretch (members only) misaki	19:30~20:30 Hip&Leg Ami.H	19:30~20:30 Body Balance (members only) Ako
19:30		19:00~20:00 Hip Punch (members only) Ako		19:30~20:30 Hip&Leg Ami.H	21:00~22:00 Pilates Workout (members only) meiko	21:00~22:00 Pilates Workout (members only) meiko	21:00~22:00 Pilates Barre mayumi	21:00~22:00 Release&Strength mayumi
21:00								

- ・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)
10:30	10:00~11:00 Basic Natsumy	10:00~11:00 Reset Flow (members only) Ako	Close	10:00~11:00 Release&Strength mayumi	10:00~11:00 Basic mayumi	10:00~11:00 Body Balance (members only) Sayaka	10:00~11:00 Jump to Burn meiko	10:00~11:00 Back & Spine (members only) Ako
12:00	11:30~12:30 Advance (members only) Ako	11:30~12:30 Pilates Cardio Natsumy		11:30~12:30 Hip&Leg Ami.H	11:30~12:30 Stretch&Conditioning Ami.H	11:30~12:30 Pilates Workout (members only) Sayaka	11:30~12:30 Hip&Leg Ami.H	11:30~12:30 Stretch&Conditioning Ami.H
13:30	13:00~14:00 Back&Arm Natsumy	13:00~14:00 Hip&Leg Ami.H		13:00~14:00 Basic mayumi	13:00~14:00 Pilates Cardio Natsumy	13:00~14:00 Back&Arm Natsumy	13:00~14:00 Shape up Waist (members only) meiko	13:00~14:00 Body Balance (members only) misaki
15:00	14:30~15:30 Stretch&Conditioning Ami.H	14:30~15:30 Shape up Waist (members only) Ako		14:30~15:30 Back & Spine (members only) mayumi	14:30~15:30 Back&Arm Natsumy	14:30~15:30 Waist Ako	14:30~15:30 Stretch&Conditioning Ami.H	14:30~15:30 Hip&Leg Ami.H
17:00	16:00~17:00 Hip Punch (members only) Ako	16:00~17:00 Basic mayumi		16:00~17:00 Hip&Leg Ami.H	17:30~18:30 Back&Arm Natsumy	18:00~19:00 Jump to Burn misaki	18:00~19:00 Basic Natsumy	17:30~18:30 Reset Flow (members only) Ako
18:00	17:30~18:30 Pilates Barre mayumi	17:30~18:30 Stretch&Conditioning Ami.H		18:00~19:00 Pilates Cardio Ako	19:00~20:00 Reset Flow (members only) Ako	19:30~20:30 Hip Punch (members only) Ako	19:30~20:30 Animal Stretch (members only) misaki	19:00~20:00 Pilates Workout (members only) misaki
19:30	19:00~20:00 Hip&Leg Ami.H	19:00~20:00 Back & Spine (members only) mayumi		19:30~20:30 Back&Arm Natsumy	21:00~22:00 Body Balance (members only) Ako	21:00~22:00 Stretch&Conditioning misaki	21:00~22:00 Pilates Cardio Natsumy	
21:00								

	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	10:00~11:00 Release&Strength mayumi	Close	10:00~11:00 Pilates Cardio Natsumy	10:00~11:00 Animal Stretch (members only) misaki	10:00~11:00 Hip Punch (members only) Ako	10:00~11:00 Back & Spine (members only) mayumi	10:00~11:00 Basic Natsumy	10:00~11:00 Body Balance (members only) misaki
12:00	11:30~12:30 Hip Punch (members only) Ako		11:30~12:30 Body Balance (members only) Ako	11:30~12:30 Back&Arm Natsumy	11:30~12:30 Waist misaki	11:30~12:30 Pilates Cardio misaki	11:30~12:30 Pilates Workout (members only) misaki	11:30~12:30 Basic Natsumy
13:30	13:00~14:00 Waist misaki		13:00~14:00 Basic Natsumy	13:00~14:00 Hip&Leg misaki	13:00~14:00 Pilates Workout (members only) misaki	13:00~14:00 Release&Strength Natsumy	13:00~14:00 Back&Arm Natsumy	13:00~14:00 Jump to Burn misaki
15:00	14:30~15:30 Back&Arm mayumi		14:30~15:30 Back & Spine (members only) Ako	14:30~15:30 Basic Natsumy	14:30~15:30 Body Balance (members only) Sayaka	14:30~15:30 Jump to Burn misaki	14:30~15:30 Shape up Waist (members only) Ako	14:30~15:30 Hip&Leg Ami.H
17:00	16:00~17:00 Pilates Cardio Natsumy		18:00~19:00 Hip&Leg Ami.H	18:00~19:00 Basic mayumi	18:00~19:00 Stretch&Conditioning Ami.H	18:00~19:00 Body Balance (members only) Ako	17:30~18:30 Hip Punch (members only) Ako	16:00~17:00 Back & Spine (members only) Ako
18:00	17:30~18:30 Hip&Leg misaki		19:30~20:30 Jump to Burn misaki	19:30~20:30 Basic mayumi	19:30~20:30 Advance (members only) Ako	19:30~20:30 Back&Arm mayumi	19:00~20:00 Pilates Barre mayumi	17:30~18:30 Stretch&Conditioning Ami.H
19:30	19:00~20:00 Basic Natsumy		21:00~22:00 Shape up Waist (members only) mayumi	21:00~22:00 Stretch&Conditioning Ami.H	21:00~22:00 Hip&Leg Ami.H	21:00~22:00 Reset Flow (members only) Ako		19:00~20:00 Shape up Waist (members only) mayumi
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)