



pilates

# pilates K神戸三宮店 Lesson Schedule

更新日2024/4/17

2024/4/1~2024/4/15

|       | 4月1日(月) | 4月2日(火)                                                  | 4月3日(水)                                                   | 4月4日(木)                                                   | 4月5日(金)                                                   | 4月6日(土)                                                | 4月7日(日)                                                   | 4月8日(月) |
|-------|---------|----------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|--------------------------------------------------------|-----------------------------------------------------------|---------|
| 10:00 | close   | 10:00~11:00<br>Hip&Leg<br>Sagiri                         | 10:30~11:30<br>Back&Arm<br>Moa                            | 10:00~11:00<br>Body Balance<br>(members only)<br>Ryon     | 10:30~11:30<br>Basic<br>未定                                | 10:00~11:00<br>Back&Spine<br>(members only)<br>Sagiri  | 10:30~11:30<br>Basic<br>未定                                | close   |
| 11:30 |         | 11:30~12:30<br>Basic<br>Sagiri                           | 12:00~13:00<br>Shape up Waist<br>(members only)<br>Sagiri | 11:30~12:30<br>Hip&Leg<br>Sagiri                          | 12:00~13:00<br>Shape up Waist<br>(members only)<br>Sagiri | 11:30~12:30<br>Basic<br>未定                             | 12:00~13:00<br>Advance<br>(members only)<br>Moa           |         |
| 13:00 |         | 13:00~14:00<br>Body Balance<br>(members only)<br>Ryon    | 13:30~14:30<br>Pilates Cardio<br>Moa                      | 13:00~14:00<br>Reset Flow<br>(members only)<br>Ryon       | 13:30~14:30<br>Jump to Burn<br>Moa                        | 13:00~14:00<br>Waist<br>Yuno                           | 13:30~14:30<br>Hip&Leg<br>Sagiri                          |         |
| 14:30 |         | 14:30~15:30<br>Release&Strength<br>Ryon                  |                                                           | 14:30~15:30<br>Basic<br>Sagiri                            |                                                           | 14:30~15:30<br>Animal Stretch<br>(members only)<br>Moa | 15:00~16:00<br>Pilates Workout<br>(members only)<br>Moa   |         |
| 18:00 |         | 18:00~19:00<br>Waist<br>Yuno                             | 18:00~19:00<br>Back&Spine<br>(members only)<br>Ryon       | 18:00~19:00<br>Back&Arm<br>Yuno                           | 18:00~19:00<br>Pilates Barre<br>Yuno                      | 16:00~17:00<br>Hip&Leg<br>Sagiri                       | 16:30~17:30<br>Pilates Barre<br>Yuno                      |         |
| 19:30 |         | 19:30~20:30<br>Pilates Workout<br>(members only)<br>Ryon | 19:30~20:30<br>Basic<br>Yuno                              | 19:30~20:30<br>Shape up Waist<br>(members only)<br>Sagiri | 19:30~20:30<br>Hip Punch<br>(members only)<br>Moa         | 17:30~18:30<br>Back&Arm<br>Yuno                        | 18:00~19:00<br>Shape up Waist<br>(members only)<br>Sagiri |         |
| 21:00 |         | 21:00~22:00<br>Back&Arm<br>Yuno                          | 21:00~22:00<br>Stretch&Conditioning<br>Ryon               | 21:00~22:00<br>Pilates Barre<br>Yuno                      | 21:00~22:00<br>Waist<br>Yuno                              | 19:00~20:00<br>Pilates Cardio<br>Moa                   |                                                           |         |
| 21:30 |         |                                                          |                                                           |                                                           |                                                           |                                                        |                                                           |         |

|       | 4月9日(火)                                               | 4月10日(水)                                                | 4月11日(木)                                                  | 4月12日(金)                                                  | 4月13日(土)                                              | 4月14日(日)                                                 | 4月15日(月) |
|-------|-------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------|----------------------------------------------------------|----------|
| 10:00 | 10:00~11:00<br>Back&Arm<br>Yuno                       | 10:30~11:30<br>Pilates Barre<br>Ryon                    | 10:00~11:00<br>Advance<br>(members only)<br>Ryon          | 10:30~11:30<br>Jump to Burn<br>Ryon                       | 10:00~11:00<br>Reset Flow<br>(members only)<br>Ryon   | 10:30~11:30<br>Basic<br>Airi                             | close    |
| 11:30 | 11:30~12:30<br>Stretch&Conditioning<br>Moa            | 12:00~13:00<br>Animal Stretch<br>(members only)<br>Ryon | 11:30~12:30<br>Basic<br>yuri.Y                            | 12:00~13:00<br>Basic<br>yuri.Y                            | 11:30~12:30<br>Basic<br>yuri.Y                        | 12:00~13:00<br>Pilates Workout<br>(members only)<br>Ryon |          |
| 13:00 | 13:00~14:00<br>Basic<br>yuri.Y                        | 13:30~14:30<br>Basic<br>yuri.Y                          | 13:00~14:00<br>Release&Strength<br>Ryon                   | 13:30~14:30<br>Hip Punch<br>(members only)<br>Ryon        | 13:00~14:00<br>Body Balance<br>(members only)<br>Ryon | 13:30~14:30<br>Animal Stretch<br>(members only)<br>Moa   |          |
| 14:30 | 14:30~15:30<br>Hip Punch<br>(members only)<br>Moa     |                                                         | 14:30~15:30<br>Shape up Waist<br>(members only)<br>Sagiri |                                                           | 14:30~15:30<br>Hip&Leg<br>Sagiri                      | 15:00~16:00<br>Basic<br>Airi                             |          |
| 18:00 | 18:00~19:00<br>Reset Flow<br>(members only)<br>Ryon   | 18:00~19:00<br>Basic<br>yuri.Y                          | 18:00~19:00<br>Pilates Cardio<br>Moa                      | 18:00~19:00<br>Shape up Waist<br>(members only)<br>Sagiri | 17:30~18:30<br>Basic<br>yuri.Y                        | 16:30~17:30<br>Reset Flow<br>(members only)<br>Ryon      |          |
| 19:30 | 19:30~20:30<br>Hip&Leg<br>Sagiri                      | 19:30~20:30<br>Back&Spine<br>(members only)<br>Sagiri   | 19:30~20:30<br>Hip&Leg<br>Sagiri                          | 19:30~20:30<br>Basic<br>yuri.Y                            | 19:00~20:00<br>Back&Spine<br>(members only)<br>Sagiri | 18:00~19:00<br>Release&Strength<br>Moa                   |          |
| 21:00 | 21:00~22:00<br>Body Balance<br>(members only)<br>Ryon | 21:00~22:00<br>Pilates Workout<br>(members only)<br>Moa | 21:00~22:00<br>Jump to Burn<br>Moa                        | 21:00~22:00<br>Hip&Leg<br>Sagiri                          |                                                       |                                                          |          |

- ・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時間前迄をお願いしております。
  - ・レッスン開始時刻1時間前を切ったの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

# pilates K 神戸三宮店 Lesson Schedule

2024/4/16~2024/4/31

|       | 4月16日(火)                                                 | 4月17日(水)                                                  | 4月18日(木)                                                | 4月19日(金)                                               | 4月20日(土)                                                  | 4月21日(日)                                              | 4月22日(月)     | 4月23日(火)                                                  |
|-------|----------------------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------|--------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------|--------------|-----------------------------------------------------------|
| 10:00 | 10:00~11:00<br>Basic<br>yuri.Y                           | 10:30~11:30<br>Basic<br>yuri.Y                            | 10:00~11:00<br>Pilates Cardio<br>Moa                    | 10:30~11:30<br>Stretch&Conditioning<br>Ryon            | 10:00~11:00<br>Hip&Leg<br>Sagiri                          | 10:30~11:30<br>Release&Strength<br>Mei                | <b>close</b> | 10:00~11:00<br>Waist<br>Moa                               |
| 11:30 | 11:30~12:30<br>Advance<br>(members only)                 | 12:00~13:00<br>Basic<br>yuri.Y                            | 11:30~12:30<br>Release&Strength<br>Moa                  | 12:00~13:00<br>Basic<br>yuri.Y                         | 11:30~12:30<br>Basic<br>yuri.Y                            | 12:00~13:00<br>Basic<br>Sagiri                        |              | 11:30~12:30<br>Shape up Waist<br>(members only)<br>Sagiri |
| 13:00 | Moa                                                      | 13:30~14:30<br>Back&Arm<br>Moa                            | 13:00~14:00<br>Basic<br>yuri.Y                          | 13:30~14:30<br>Body Balance<br>(members only)          | 13:00~14:00<br>Back&Spine<br>(members only)<br>Ryon       | 13:30~14:30<br>Pilates Cardio<br>Moa                  |              | 13:00~14:00<br>Basic<br>yuri.Y                            |
| 14:30 | 13:00~14:00<br>Power up Control<br>(members only)<br>key |                                                           | 14:30~15:30<br>Pilates Workout<br>(members only)<br>Mei | Ryon                                                   | 14:30~15:30<br>Shape up Waist<br>(members only)<br>Sagiri | 15:00~16:00<br>Body Balance<br>(members only)<br>Ryon |              | 14:30~15:30<br>Back&Spine<br>(members only)<br>Sagiri     |
|       | 14:30~15:30<br>Hip&Leg<br>Moa                            |                                                           |                                                         |                                                        | 16:00~17:00<br>Power up Control<br>(members only)<br>miho | 16:30~17:30<br>Hip Punch<br>(members only)<br>Moa     |              | 18:00~19:00<br>Jump to Burn<br>Moa                        |
| 18:00 | 18:00~19:00<br>Release&Strength<br>Ryon                  | 18:00~19:00<br>Shape up Waist<br>(members only)<br>Sagiri | 18:00~19:00<br>Hip&Leg<br>Sagiri                        | 18:00~19:00<br>Basic<br>yuri.Y                         | 17:30~18:30<br>Jump to Burn<br>Ryon                       | 18:00~19:00<br>Hip&Leg<br>Ryon                        |              | 19:30~20:30<br>Basic<br>yuri.Y                            |
| 19:30 | 19:30~20:30<br>Back&Spine<br>(members only)<br>Sagiri    | 19:30~20:30<br>Pilates Barre<br>Moa                       | 19:30~20:30<br>Advance<br>(members only)<br>Mei         | 19:30~20:30<br>Animal Stretch<br>(members only)<br>Moa | 19:00~20:00<br>Waist<br>Yuno                              |                                                       |              | 21:00~22:00<br>Pilates Workout<br>(members only)<br>Moa   |
| 21:00 | 21:00~22:00<br>Animal Stretch<br>(members only)<br>Ryon  | 21:00~22:00<br>Hip&Leg<br>Sagiri                          | 21:00~22:00<br>Basic<br>Sagiri                          | 21:00~22:00<br>Pilates Barre<br>Moa                    |                                                           |                                                       |              |                                                           |
| 21:30 |                                                          |                                                           |                                                         |                                                        |                                                           |                                                       |              |                                                           |

|       | 4月24日(水)                                                 | 4月25日(木)                                                  | 4月26日(金)                                              | 4月27日(土)                                                | 4月28日(日)                                               | 4月29日(月)     | 4月30日(火)                                                  |
|-------|----------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------|---------------------------------------------------------|--------------------------------------------------------|--------------|-----------------------------------------------------------|
| 10:00 | 10:30~11:30<br>Basic<br>yuri.Y                           | 10:00~11:00<br>Shape up Waist<br>(members only)<br>Sagiri | 10:30~11:30<br>Basic<br>yuri.Y                        | 10:00~11:00<br>Basic<br>yuri.Y                          | 10:30~11:30<br>Animal Stretch<br>(members only)<br>Moa | <b>close</b> | 10:00~11:00<br>Basic<br>yuri.Y                            |
| 11:30 | 12:00~13:00<br>Basic<br>yuri.Y                           | 11:30~12:30<br>Hip Punch<br>(members only)<br>Mei         | 12:00~13:00<br>Back&Spine<br>(members only)<br>Sagiri | 11:30~12:30<br>Back&Spine<br>(members only)<br>Sagiri   | 12:00~13:00<br>Back&Arm<br>Sarasa.T                    |              | 11:30~12:30<br>Power up Control<br>(members only)<br>key  |
| 13:00 | 13:30~14:30<br>Back&Spine<br>(members only)<br>Sagiri    | 13:00~14:00<br>Hip&Leg<br>Sagiri                          | 13:30~14:30<br>Basic<br>yuri.Y                        | 13:00~14:00<br>Basic<br>yuri.Y                          | 13:30~14:30<br>Basic<br>yuri.Y                         |              | 13:00~14:00<br>Basic<br>yuri.Y                            |
| 14:30 |                                                          | 14:30~15:30<br>Body Balance<br>(members only)<br>Mei      |                                                       | 14:30~15:30<br>Pilates Workout<br>(members only)<br>Moa | 15:00~16:00<br>Jump to Burn<br>Moa                     |              | 14:30~15:30<br>Hip Punch<br>(members only)<br>Ryon        |
|       |                                                          |                                                           |                                                       | 16:00~17:00<br>Reset Flow<br>(members only)<br>Ryon     | 16:30~17:30<br>Hip&Leg<br>Sarasa.T                     |              | 18:00~19:00<br>Stretch&Conditioning<br>Moa                |
| 18:00 | 18:00~19:00<br>Pilates Workout<br>(members only)<br>Ryon | 18:00~19:00<br>Animal Stretch<br>(members only)<br>Moa    | 18:00~19:00<br>Pilates Cardio<br>Moa                  | 17:30~18:30<br>Pilates Barre<br>Moa                     | 18:00~19:00<br>Body Balance<br>(members only)<br>Mei   |              | 19:30~20:30<br>Shape up Waist<br>(members only)<br>Sagiri |
| 19:30 | 19:30~20:30<br>Advance<br>(members only)<br>Moa          | 19:30~20:30<br>Basic<br>Mei                               | 19:30~20:30<br>Release&Strength<br>Moa                | 19:00~20:00<br>Advance<br>(members only)<br>Ryon        |                                                        |              | 21:00~22:00<br>Reset Flow<br>(members only)<br>Moa        |
| 21:00 | 21:00~22:00<br>Pilates Cardio<br>Moa                     | 21:00~22:00<br>Pilates Cardio<br>Moa                      | 21:00~22:00<br>Hip&Leg<br>Sagiri                      |                                                         |                                                        |              |                                                           |
| 21:30 | 21:00~22:00<br>Release&Strength<br>Ryon                  |                                                           |                                                       |                                                         |                                                        |              |                                                           |

**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）