



pilates

pilates K 立川店 Lesson Schedule

更新日2024/3/19

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 Release&Strength Sazuki	10:30~11:30 Pilates Cardio miyuki	10:30~11:30 Waist miyuki	close	10:30~11:30 Basic miyuki	10:30~11:30 Stretch&Conditioning Kurumi	10:30~11:30 Advance (members only) Mii	10:30~11:30 Waist miyuki
12:00	12:00~13:00 Animal Stretch (members only) Sazuki	12:00~13:00 Body Balance (members only) Sazuki	12:00~13:00 Hip&Leg Mizuki		12:00~13:00 Pilates Cardio miyuki	12:00~13:00 Pilates Workout (members only) Sazuki	12:00~13:00 Hip&Leg Hitomi	12:00~13:00 Basic miyuki
13:30	13:30~14:30 Hip Punch (members only) honoka	13:30~14:30 Waist miyuki	13:30~14:30 Reset Flow (members only) Sazuki		13:30~14:30 Back&Spine (members only) Kurumi	13:30~14:30 Body Balance (members only) Sazuki	13:30~14:30 Pilates Barre Mii	13:30~14:30 Hip&Leg Sazuki
15:00		15:00~16:00 Pilates Workout (members only) Sazuki	15:00~16:00 Basic miyuki		15:00~16:00 Waist miyuki		15:00~16:00 Back&Arm Hitomi	
17:00		16:30~17:30 Basic Sazuki	16:30~17:30 Shape up Waist (members only) Sazuki					
18:00	18:00~19:00 Pilates Barre Kurumi	18:00~19:00 Back&Arm miyuki	18:00~19:00 Hip&Leg Hitomi		18:00~19:00 Hip&Leg Hitomi	18:00~19:00 Reset Flow (members only) Mii	18:00~19:00 Hip&Leg Hitomi	18:00~19:00 Release&Strength Sazuki
19:30	19:30~20:30 Jump to Burn Hitomi	19:30~20:30 Hip&Leg Hitomi			19:30~20:30 Back&Arm Hitomi	19:30~20:30 Basic miyuki	19:30~20:30 Waist miyuki	19:30~20:30 Shape up Waist (members only) Sazuki
21:00	21:00~22:00 Stretch&Conditioning Kurumi				21:00~22:00 Body Balance (members only) Sazuki	21:00~22:00 Waist miyuki	21:00~22:00 Pilates Cardio miyuki	21:00~22:00 Back&Spine (members only) Kurumi

	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 Stretch&Conditioning honoka	10:30~11:30 Pilates Workout (members only) Mizuki	close	10:30~11:30 Basic miyuki	10:30~11:30 Waist miyuki	10:30~11:30 Pilates Cardio miyuki	10:30~11:30 Reset Flow (members only) Mii
12:00	12:00~13:00 Waist miyuki	12:00~13:00 Release&Strength Kurumi		12:00~13:00 Back&Spine (members only) Kurumi	12:00~13:00 Hip&Leg miyuki	12:00~13:00 Basic umi	12:00~13:00 Pilates Workout (members only) Yume
13:30	13:30~14:30 Pilates Cardio miyuki	13:30~14:30 Reset Flow (members only) Sazuki		13:30~14:30 Waist miyuki	13:30~14:30 Basic Kurumi	13:30~14:30 Hip Punch (members only) Eri	13:30~14:30 Release&Strength Kurumi
15:00	15:00~16:00 Basic honoka	15:00~16:00 Basic Sazuki		15:00~16:00 Body Balance (members only) Kurumi		15:00~16:00 Basic miyuki	
17:00	16:30~17:30 Shape up Waist (members only) honoka	16:30~17:30 Back&Arm Hitomi			18:00~19:00 Pilates Cardio miyuki	18:00~19:00 Back&Spine (members only) Kurumi	18:00~19:00 Jump to Burn Hitomi
18:00	18:00~19:00 Hip&Leg Hitomi	18:00~19:00 Hip&Leg Hitomi		19:30~20:30 Shape up Waist (members only) Sazuki	19:30~20:30 Basic Hitomi	19:30~20:30 Basic Lin	19:30~20:30 Hip&Leg Hitomi
19:30	19:30~20:30 Basic miyuki			21:00~22:00 Release&Strength Sazuki	21:00~22:00 Release&Strength Kurumi	21:00~22:00 Hip&Leg Hitomi	21:00~22:00 Basic umi

- ・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	10:30~11:30 Body Balance (members only) Kurumi	10:30~11:30 Hip Punch (members only) Mii	close	10:30~11:30 Jump to Burn Hitomi	10:30~11:30 Hip&Leg Hitomi	10:30~11:30 Advance (members only) Mii	10:30~11:30 Basic Mii	10:30~11:30 Pilates Workout (members only) arisa
12:00	12:00~13:00 Basic miyuki	12:00~13:00 Waist miyuki		12:00~13:00 Hip&Leg Hitomi	12:00~13:00 Body Balance (members only) Kurumi	12:00~13:00 Stretch&Conditioning Kurumi	12:00~13:00 Reset Flow (members only) Mii	12:00~13:00 Jump to Burn Hitomi
13:30	13:30~14:30 Back&Spine (members only) Kurumi	13:30~14:30 Advance (members only) Mii		13:30~14:30 Basic Mii	13:30~14:30 Back&Arm Hitomi	13:30~14:30 Shape up Waist (members only) Mii	13:30~14:30 Jump to Burn Hitomi	13:30~14:30 Basic arisa
15:00	15:00~16:00 Pilates Cardio miyuki	15:00~16:00 Body Balance (members only) Mii		15:00~16:00 Back&Spine (members only) Kurumi	15:00~16:00 Back&Spine (members only) Kurumi	15:00~16:00 Hip&Leg Kurumi	15:00~16:00 Animal Stretch (members only) Mii	15:00~16:00 Animal Stretch (members only) Mii
17:00	16:30~17:30 Basic miyuki	16:30~17:30 Basic miyuki		16:30~17:30 Jump to Burn Hitomi	16:30~17:30 Jump to Burn Hitomi	16:30~17:30 Jump to Burn Hitomi	16:30~17:30 Back&Arm Hitomi	16:30~17:30 Back&Arm Hitomi
18:00	18:00~19:00 Back&Arm Hitomi	18:00~19:00 Pilates Cardio miyuki		18:00~19:00 Shape up Waist (members only) Mii	18:00~19:00 Pilates Barre Kico	18:00~19:00 Hip Punch (members only) Mii	18:00~19:00 Basic Kurumi	18:00~19:00 Reset Flow (members only) Mii
19:30	19:30~20:30 Jump to Burn Hitomi			19:30~20:30 Release&Strength Kurumi	19:30~20:30 Basic Kurumi	19:30~20:30 Jump to Burn Hitomi	19:30~20:30 Body Balance (members only) Mii	19:30~20:30 Hip&Leg Hitomi
21:00				21:00~22:00 Body Balance (members only) Kurumi	21:00~22:00 Advance (members only) Mii	21:00~22:00 Hip&Leg Hitomi	21:00~22:00 Back&Spine (members only) Kurumi	21:00~22:00 Back&Spine (members only) Kurumi

	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 Shape up Waist (members only) Mii	close	10:30~11:30 Animal Stretch (members only) Mii	10:30~11:30 Jump to Burn Hitomi	10:30~11:30 Hip Punch (members only) Kurumi	10:30~11:30 Release&Strength Kurumi	10:30~11:30 Basic Mii	10:30~11:30 Waist Marin
12:00	12:00~13:00 Basic arisa		12:00~13:00 Waist 未確定	12:00~13:00 Back&Arm Hitomi	12:00~13:00 Pilates Barre Mizuki	12:00~13:00 Jump to Burn Mizuki	12:00~13:00 Reset Flow (members only) Mii	12:00~13:00 Basic Marin
13:30	13:30~14:30 Release&Strength Kurumi		13:30~14:30 Pilates Workout (members only) Mii	13:30~14:30 Reset Flow (members only) Mii	13:30~14:30 Stretch&Conditioning Kurumi	13:30~14:30 Basic Mizuki	13:30~14:30 Back&Arm Hitomi	13:30~14:30 Jump to Burn Hitomi
15:00	15:00~16:00 Back&Spine (members only) Kurumi		15:00~16:00 Basic umi	15:00~16:00 Hip&Leg Hitomi	15:00~16:00 Hip&Leg Hitomi	15:00~16:00 Body Balance (members only) Kurumi	15:00~16:00 Body Balance (members only) Kurumi	15:00~16:00 Animal Stretch (members only) Mii
17:00	16:30~17:30 Hip&Leg arisa			16:30~17:30 Jump to Burn Hitomi	16:30~17:30 Jump to Burn Hitomi	16:30~17:30 Jump to Burn Hitomi	16:30~17:30 Jump to Burn Hitomi	16:30~17:30 Hip&Leg Hitomi
18:00	18:00~19:00 Body Balance (members only) Kurumi		18:00~19:00 Jump to Burn Hitomi	18:00~19:00 Back&Spine (members only) Kurumi	18:00~19:00 Basic Kurumi	18:00~19:00 Body Balance (members only) Kurumi	18:00~19:00 Hip&Leg Hitomi	18:00~19:00 Shape up Waist (members only) Mii
19:30			19:30~20:30 Reset Flow (members only) Mii	19:30~20:30 Basic Mii	19:30~20:30 Pilates Cardio Mii	19:30~20:30 Hip&Leg Hitomi	19:30~20:30 Release&Strength Kurumi	19:30~20:30 Hip&Leg Hitomi
21:00			21:00~22:00 Hip&Leg Hitomi	21:00~22:00 Body Balance (members only) Kurumi	21:00~22:00 Advance (members only) Mii	21:00~22:00 Back&Arm Hitomi	21:00~22:00 Back&Arm Hitomi	21:00~22:00 Back&Arm Hitomi

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）