



pilates

pilates K 天王寺店 Lesson Schedule

更新日2024/3/29

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

	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)	3月16日(土)	
10:00	10:00~11:00 Waist miho	10:30~11:30 Reset Flow (members only) Kei	close	10:00~11:00 Basic Ayane	10:30~11:30 Shape up Waist (members only) Kei	10:00~11:00 Jump to Burn Karin	10:30~11:30 Stretch&Conditioning miho	10:00~11:00 Body Balance (members only) yun	
11:30	11:30~12:30 Back&Arm Kei	12:00~13:00 Hip&Leg Maori			11:30~12:30 Back&Spine (members only) yun	12:00~13:00 Basic Maori	11:30~12:30 Body Balance (members only) miho	12:00~13:00 Pilates Cardio yun	11:30~12:30 Basic Maori
13:00	13:00~14:00 Hip Punch (members only) Kei	13:30~14:30 Advance (members only) miho			13:00~14:00 Waist Kei	13:30~14:30 Hip&Leg Maori	13:00~14:00 Pilates Barre Karin	13:30~14:30 Animal Stretch (members only) miho	13:00~14:00 Back&Arm yun
14:30	14:30~15:30 Animal Stretch (members only) miho	15:00~16:00 Pilates Workout (members only) Kei			14:30~15:30 Back&Arm yun		14:30~15:30 Release&Strength miho		14:30~15:30 Pilates Barre Karin
16:00	16:00~17:00 Basic yun	16:30~17:30 Stretch&Conditioning miho				18:00~19:00 Release&Strength miho	18:00~19:00 Shape up Waist (members only) Kei	18:00~19:00 Hip Punch (members only) Kei	16:00~17:00 Advance (members only) yun
17:00	17:30~18:30 Hip&Leg Karin	18:00~19:00 Basic Maori			18:00~19:00 Pilates Cardio Kei	19:30~20:30 Pilates Workout (members only) Kei	19:30~20:30 Reset Flow (members only) Karin	19:30~20:30 Basic Maori	17:30~18:30 Jump to Burn Karin
18:00	19:00~20:00 Pilates Barre Karin				19:30~20:30 Pilates Barre Karin	21:00~22:00 Advance (members only) miho	21:00~22:00 Back&Arm Kei	21:00~22:00 Waist Kei	19:00~20:00 Hip&Leg Maori
19:30					21:00~22:00 Basic Maori				

- ・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)	3月24日(日)	
10:00		close	10:00~11:00 Hip Punch (members only) Kei	10:00~11:00 Body Balance (members only) yun	10:00~11:00 Hip&Leg Maori		10:00~11:00 Back&Arm Karin	10:30~11:30 Advance (members only) miho	
	10:30~11:30 Jump to Burn yun		11:30~12:30 Pilates Cardio yun	11:30~12:30 Basic Maori	11:30~12:30 Waist Kei	11:30~12:30 Basic Maori	10:30~11:30 Basic Maori	11:30~12:30 Pilates Barre 未定	12:00~13:00 Basic Maori
11:30	12:00~13:00 Pilates Cardio michi		13:00~14:00 Stretch&Conditioning miho	13:00~14:00 Release&Strength miho	13:00~14:00 Basic Maori	13:00~14:00 Basic Maori	12:00~13:00 Shape up Waist (members only) yun	13:00~14:00 Waist Kei	13:30~14:30 Pilates Workout (members only) Karin
13:00	13:30~14:30 Basic miho		14:30~15:30 Pilates Cardio yun	14:30~15:30 Pilates Cardio yun	14:30~15:30 Back&Spine (members only) 未定	14:30~15:30 Back&Spine (members only) 未定	13:30~14:30 Hip&Leg Maori	14:30~15:30 Reset Flow (members only) Karin	15:00~16:00 Jump to Burn 未定
14:30	15:00~16:00 Back&Spine (members only) yun		16:30~17:30 Animal Stretch (members only) miho	17:30~18:30 Advance (members only) miho	16:00~17:00 Back&Arm yun	16:00~17:00 Back&Arm yun		16:00~17:00 Shape up Waist (members only) Kei	16:30~17:30 Basic Maori
16:00	16:30~17:30 Animal Stretch (members only) miho		18:00~19:00 Hip&Leg Maori	18:00~19:00 Hip&Leg Maori	17:30~18:30 Advance (members only) miho	18:00~19:00 Jump to Burn Karin	18:00~19:00 Basic yun	17:30~18:30 Basic yun	18:00~19:00 Pilates Cardio Karin
17:00	18:00~19:00 Shape up Waist (members only) miho		19:30~20:30 Back&Arm Karin	19:30~20:30 Hip&Leg Maori	19:00~20:00 Hip&Leg Maori	19:30~20:30 Basic Karin	19:30~20:30 Stretch&Conditioning miho	19:00~20:00 Pilates Workout (members only) Kei	
18:00	19:30 michi		21:00~22:00 Reset Flow (members only) Karin			21:00~22:00 Hip Punch (members only) miho	21:00~22:00 Body Balance (members only) miho		
19:30									
21:00									

	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 Back&Spine (members only) yun	10:30~11:30 Back&Arm yun	10:00~11:00 Pilates Barre yui	10:30~11:30 Pilates Cardio yun	10:00~11:00 Back&Spine (members only) yun	10:30~11:30 Hip&Leg Maori
11:30		11:30~12:30 Basic Ayane	12:00~13:00 Waist Karin	11:30~12:30 Stretch&Conditioning miho	12:00~13:00 Release&Strength miho	11:30~12:30 Jump to Burn 未定	12:00~13:00 Pilates Barre yui
13:00		13:00~14:00 Release&Strength miho	13:30~14:30 Body Balance (members only) yun	13:00~14:00 Hip Punch (members only) miho	13:30~14:30 Shape up Waist (members only) yun	13:00~14:00 Pilates Workout (members only) Karin	13:30~14:30 Pilates Cardio yun
14:30		14:30~15:30 Jump to Burn yun		14:30~15:30 Basic yui		14:30~15:30 Basic yun	15:00~16:00 Waist yui
16:00						16:00~17:00 Release&Strength miho	16:30~17:30 Basic Maori
17:00		18:00~19:00 Body Balance (members only) yui	18:00~19:00 Pilates Workout (members only) Karin	18:00~19:00 Hip&Leg Maori	18:00~19:00 Hip Punch (members only) 未定	17:30~18:30 Pilates Barre Karin	18:00~19:00 Body Balance (members only) yun
18:00		19:30~20:30 Hip&Leg Maori	19:30~20:30 Basic Karin	19:30~20:30 Shape up Waist (members only) Karin	19:30~20:30 Body Balance (members only) miho	19:00~20:00 Basic Maori	
19:30		21:00~22:00 Shape up Waist (members only) yui	21:00~22:00 Pilates Barre 未定	21:00~22:00 Waist Karin	21:00~22:00 Back&Arm Karin		
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）