



pilates

pilates K 広島店 Lesson Schedule

更新日2024/4/6

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

	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)
10:30	10:30~11:30 Stretch&Conditioning sora	10:30~11:30 Shape up Waist (members only) emma	10:30~11:30 Basic miku	10:30~11:30 Advance (members only) Sayano	10:30~11:30 Waist miku	10:30~11:30 Back&Spine (members only) Sayano	close
12:00	12:00~13:00 Body Balance (members only) miku	12:00~13:00 Basic miku	12:00~13:00 Waist emma	12:00~13:00 Back&Arm Hikari	12:00~13:00 Hip Punch (members only) emma	12:00~13:00 Basic Hikari	
13:30	13:30~14:30 Animal Stretch (members only) sora	13:30~14:30 Pilates Cardio Sayano	13:30~14:30 Jump to Burn miku	13:30~14:30 Release&Strength Sayano	13:30~14:30 Basic miku	13:30~14:30 Hip&Leg Sayano	
15:00	15:00~16:00 Basic miku	15:00~16:00 Reset Flow (members only) emma	15:00~16:00 Reset Flow (members only) emma	15:00~16:00 Hip&Leg sora	15:00~16:00 Body Balance (members only) emma	15:00~16:00 Reset Flow (members only) emma	
17:00	17:00~18:00 Hip&Leg Sayano	17:00~18:00 Basic Hikari	17:00~18:00 Basic Hikari	17:00~18:00 Jump to Burn miku	16:30~17:30 Release&Strength Sayano	16:30~17:30 Pilates Barre sora	
18:00	18:30~19:30 Pilates Barre sora	18:30~19:30 Back&Arm Hikari	18:30~19:30 Pilates Workout (members only) emma	18:30~19:30 Basic sora	18:00~19:00 Back&Arm Hikari	18:00~19:00 Shape up Waist (members only) emma	
19:30	20:00~21:00 Back&Spine (members only) Sayano	20:00~21:00 Animal Stretch (members only) sora	20:00~21:00 Back&Arm Hikari	20:00~21:00 Body Balance (members only) miku	19:30~20:30 Pilates Cardio Sayano		
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。



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2024/4/16~2024/4/30

	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)
10:30	10:30~11:30 Back&Spine (members only) Sayano	10:30~11:30 Waist sora	10:30~11:30 Body Balance (members only) miku	10:30~11:30 Hip Punch (members only) emma	10:30~11:30 Basic Hikari	10:30~11:30 Pilates Cardio Sayano	close	10:30~11:30 Basic Sayano
12:00	12:00~13:00 Stretch&Conditioning sora	12:00~13:00 Power up Control (members only) miku	12:00~13:00 Pilates Cardio Sayano	12:00~13:00 Basic Hikari	12:00~13:00 Body Balance (members only) emma	12:00~13:00 Animal Stretch (members only) sora		12:00~13:00 Shape up Waist (members only) sora
13:30	13:30~14:30 Pilates Workout (members only) emma	13:30~14:30 Hip&Leg sora	13:30~14:30 Basic miku	13:30~14:30 Back&Arm emma	13:30~14:30 Jump to Burn miku	13:30~14:30 Hip Punch (members only) emma		13:30~14:30 Waist Sayano
15:00	15:00~16:00 Release&Strength Sayano	17:00~18:00 Reset Flow (members only) emma	15:00~16:00 Pilates Barre sora	15:00~16:00 Shape up Waist (members only) 未定	15:00~16:00 Hip&Leg Sayano	15:00~16:00 Stretch&Conditioning sora		15:00~16:00 Jump to Burn miku
17:00	17:00~18:00 Jump to Burn miku		17:00~18:00 Back&Arm Hikari	17:00~18:00 Hip&Leg Hikari	18:00~19:00 Waist miku	18:00~19:00 Power up Control (members only) miku		17:00~18:00 Hip&Leg Hikari
18:00	18:30~19:30 Basic Hikari	18:30~19:30 Basic Hikari	18:30~19:30 Animal Stretch (members only) sora	18:30~19:30 Back&Spine (members only) Sayano	19:30~20:30 Advance (members only) Sayano	20:00~21:00 Animal Stretch (members only) sora		18:30~19:30 Body Balance (members only) miku
19:30	20:00~21:00 Power up Control (members only) 未定	20:00~21:00 Shape up Waist (members only) emma	20:00~21:00 Hip&Leg 未定	20:00~21:00 Waist sora				20:00~21:00 Basic Hikari

	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)
10:30	10:30~11:30 Animal Stretch (members only) sora	10:30~11:30 Jump to Burn miku	10:30~11:30 Reset Flow (members only) emma	10:30~11:30 Release&Strength Sayano	10:30~11:30 Pilates Barre sora	close	10:30~11:30 Back&Arm Hikari
12:00	12:00~13:00 Basic Sayano	12:00~13:00 Back&Spine (members only) Sayano	12:00~13:00 Hip&Leg Hikari	12:00~13:00 Power up Control (members only) miku	12:00~13:00 Basic Sayano		12:00~13:00 Pilates Cardio Sayano
13:30	13:30~14:30 Power up Control (members only) miku	13:30~14:30 Body Balance (members only) miku	13:30~14:30 Pilates Workout (members only) emma	13:30~14:30 Back&Spine (members only) Sayano	13:30~14:30 Shape up Waist (members only) sora		13:30~14:30 Basic Hikari
15:00	15:00~16:00 Stretch&Conditioning sora	15:00~16:00 Basic Hikari	15:00~16:00 Back&Arm Hikari	15:00~16:00 Basic miku	15:00~16:00 Pilates Cardio Sayano		15:00~16:00 Hip Punch (members only) emma
17:00		17:00~18:00 Advance (members only) Sayano	17:00~18:00 Basic sora	17:00~18:00 Reset Flow (members only) emma	16:30~17:30 Body Balance (members only) miku		17:00~18:00 Basic emma
18:00	18:30~19:30 Hip Punch (members only) emma	18:30~19:30 Waist sora	18:30~19:30 Body Balance (members only) miku	18:00~19:00 Hip&Leg Hikari	18:00~19:00 Basic Hikari		18:30~19:30 Power up Control (members only) miku
19:30	20:00~21:00 Basic Hikari	20:00~21:00 Pilates Cardio Sayano	20:00~21:00 Shape up Waist (members only) sora	19:30~20:30 Jump to Burn emma			20:00~21:00 Animal Stretch (members only) sora

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）