



pilates

pilates K 錦糸町店 Lesson Schedule

更新日224/3/15

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 Advance (members only) Lin | 10:30~11:30 Stretch&Conditioning Mifuyu | 10:30~11:30 Reset Flow (members only) Sazuki | 10:30~11:30 Back&Arm Mifuyu | 10:30~11:30 Hip&Leg Momo | 10:30~11:30 Basic Mifuyu | close |
| 12:00 | | 12:00~13:00 Release&Strength Sazuki | 12:00~13:00 Back&Spine (members only) Sazuki | 12:00~13:00 Basic Mifuyu | 12:00~13:00 Shape up Waist (members only) Sazuki | 12:00~13:00 Basic Mifuyu | 12:00~13:00 Jump to Burn Lin | |
| 13:30 | | 13:30~14:30 Hip&Leg Lin | 13:30~14:30 Body Balance (members only) Mifuyu | 13:30~14:30 Animal Stretch (members only) Sazuki | 13:30~14:30 Pilates Cardio Mifuyu | 13:30~14:30 Hip Punch (members only) Momo | 13:30~14:30 Release&Strength Sazuki | |
| 15:00 | | 15:00~16:00 Pilates Workout (members only) Sazuki | | 15:00~16:00 Back&Arm Mifuyu | | 15:00~16:00 Pilates Barre Lin | 15:00~16:00 Waist Lin | |
| 17:00 | | | | | | 16:30~17:30 Stretch&Conditioning Mifuyu | 16:30~17:30 Basic akane.t | |
| 18:00 | | 18:00~19:00 Pilates Cardio Mifuyu | 18:00~19:00 Hip&Leg Momo | 18:00~19:00 Pilates Workout (members only) Momo | 18:00~19:00 Basic akane.t | 18:00~19:00 Body Balance (members only) Lin | 18:00~19:00 Reset Flow (members only) Sazuki | |
| 19:30 | | 19:30~20:30 Hip Punch (members only) Momo | 19:30~20:30 Pilates Barre Lin | 19:30~20:30 Basic akane.t | 19:30~20:30 Back&Spine (members only) Sazuki | 19:30~20:30 Basic akane.t | | |
| 21:00 | | 21:00~22:00 Back&Arm Mifuyu | 21:00~22:00 Shape up Waist (members only) Momo | 21:00~22:00 Jump to Burn Momo | 21:00~22:00 Basic akane.t | | | |

| | 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 Basic akane.t | 10:30~11:30 Pilates Workout (members only) Sazuki | 10:30~11:30 Hip&Leg Lin | 10:30~11:30 Hip Punch (members only) Momo | 10:30~11:30 Pilates Cardio Mifuyu | 10:30~11:30 Animal Stretch (members only) Momo | close |
| 12:00 | 12:00~13:00 Jump to Burn Lin | 12:00~13:00 Basic akane.t | 12:00~13:00 Release&Strength Sazuki | 12:00~13:00 Back&Arm Lin | 12:00~13:00 Jump to Burn Momo | 12:00~13:00 Basic Mifuyu | |
| 13:30 | 13:30~14:30 Basic akane.t | 13:30~14:30 Waist Lin | 13:30~14:30 Body Balance (members only) Lin | 13:30~14:30 Reset Flow (members only) Momo | 13:30~14:30 Stretch&Conditioning Mifuyu | 13:30~14:30 Shape up Waist (members only) Momo | |
| 15:00 | 15:00~16:00 Pilates Barre Lin | | 15:00~16:00 Shape up Waist (members only) Sazuki | | 15:00~16:00 Basic akane.t | 15:00~16:00 Advance (members only) Lin | |
| 17:00 | 18:00~19:00 Reset Flow (members only) Momo | 18:00~19:00 Stretch&Conditioning Mifuyu | | 18:00~19:00 Animal Stretch (members only) Sazuki | 16:30~17:30 Pilates Workout (members only) Sazuki | 16:30~17:30 Hip&Leg Sazuki | |
| 18:00 | 19:30~20:30 Body Balance (members only) Mifuyu | 19:30~20:30 Hip Punch (members only) Momo | 18:00~19:00 Basic akane.t | 19:30~20:30 Basic akane.t | 18:00~19:00 Basic akane.t | 18:00~19:00 Pilates Barre Lin | |
| 19:30 | 21:00~22:00 Release&Strength Momo | 21:00~22:00 Pilates Cardio Mifuyu | 19:30~20:30 Back&Arm Mifuyu | 19:30~20:30 Basic akane.t | 19:30~20:30 Back&Spine (members only) Sazuki | | |
| 21:00 | | | 21:00~22:00 Basic akane.t | 21:00~22:00 Hip&Leg Sazuki | | | |

- ・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 Waist Lin | 10:30~11:30 Power up Control (members only) | 10:30~11:30 Basic Mifuyu | 10:30~11:30 Reset Flow (members only) | 10:30~11:30 Release&Strength Sazuki | 10:30~11:30 Basic akane.t | close | 10:30~11:30 Body Balance (members only) |
| 12:00 | 12:00~13:00 Body Balance (members only) | Momo | 12:00~13:00 Back&Arm Momo | Sazuki | 12:00~13:00 Basic akane.t | 12:00~13:00 Pilates Cardio Sazuki | | 12:00~13:00 Pilates Workout (members only) |
| 13:30 | Mifuyu | 12:00~13:00 Hip&Leg Lin | 13:30~14:30 Pilates Cardio Mifuyu | 12:00~13:00 Jump to Burn Momo | 13:30~14:30 Body Balance (members only) | 13:30~14:30 Power up Control (members only) | | 13:30~14:30 Lin |
| 15:00 | 13:30~14:30 Back&Spine (members only) | 13:30~14:30 Release&Strength Momo | 15:00~16:00 Hip Punch (members only) | 13:30~14:30 Animal Stretch (members only) | Body Balance (members only) | Momo | | 13:30~14:30 Hip&Leg Sazuki |
| | 15:00~16:00 Lin | | Momo | Sazuki | 15:00~16:00 Shape up Waist (members only) | 15:00~16:00 Pilates Barre Lin | | 15:00~16:00 Sazuki |
| | 15:00~16:00 Back&Arm Mifuyu | | | | | Momo | | 16:30~17:30 Back&Arm Momo |
| 17:00 | | | | | 16:30~17:30 Basic akane.t | 18:00~19:00 Animal Stretch (members only) | | |
| 18:00 | 18:00~19:00 Shape up Waist (members only) | 18:00~19:00 Basic akane.t | 18:00~19:00 Pilates Barre Lin | 18:00~19:00 Back&Arm Mifuyu | 18:00~19:00 Stretch&Conditioning Mifuyu | 18:00~19:00 Lin | | 18:00~19:00 Basic akane.t |
| 19:30 | 19:30~20:30 Basic akane.t | 19:30~20:30 Pilates Workout (members only) | 19:30~20:30 Basic akane.t | 19:30~20:30 Advance (members only) | 19:30~20:30 Hip&Leg Momo | | | 19:30~20:30 Hip Punch (members only) |
| 21:00 | 21:00~22:00 Hip&Leg Sazuki | 21:00~22:00 Basic akane.t | 21:00~22:00 Back&Spine (members only) | 21:00~22:00 Lin | | | | Momo |
| | | | Lin | Pilates Cardio Mifuyu | | | 21:00~22:00 Basic akane.t | |

| | 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 Pilates Barre Lin | 10:30~11:30 Pilates Cardio Sazuki | 10:30~11:30 Hip Punch (members only) | 10:30~11:30 Waist Lin | 10:30~11:30 Pilates Workout (members only) | close | 10:30~11:30 Stretch&Conditioning Mifuyu |
| 12:00 | 12:00~13:00 Shape up Waist (members only) | 12:00~13:00 Animal Stretch (members only) | Momo | 12:00~13:00 Power up Control (members only) | Momo | | 12:00~13:00 Basic akane.t |
| 13:30 | Sazuki | Lin | Sazuki | Momo | Lin | | 13:30~14:30 Body Balance (members only) |
| 15:00 | 13:30~14:30 Jump to Burn Lin | 13:30~14:30 Back&Spine (members only) | 13:30~14:30 Back&Arm Momo | 13:30~14:30 Advance (members only) | 13:30~14:30 Hip&Leg Momo | | 15:00~16:00 Basic akane.t |
| | | Sazuki | | Lin | 15:00~16:00 Body Balance (members only) | | |
| | | | | 15:00~16:00 Basic akane.t | 16:30~17:30 Basic akane.t | | |
| 17:00 | | | | 16:30~17:30 Reset Flow (members only) | 18:00~19:00 Pilates Cardio Mifuyu | | 18:00~19:00 Reset Flow (members only) |
| 18:00 | 18:00~19:00 Power up Control (members only) | 18:00~19:00 Stretch&Conditioning Mifuyu | 18:00~19:00 Basic akane.t | 18:00~19:00 Back&Arm Mifuyu | | | Momo |
| 19:30 | 19:30~20:30 Basic akane.t | 19:30~20:30 Pilates Workout (members only) | 19:30~20:30 Pilates Cardio Mifuyu | 19:30~20:30 Basic akane.t | | | 19:30~20:30 Back&Spine (members only) |
| 21:00 | 21:00~22:00 Body Balance (members only) | 21:00~22:00 Lin | 21:00~22:00 Basic akane.t | | | | 21:00~22:00 Jump to Burn Momo |
| | Mifuyu | Mifuyu | | | | | |

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）