



pilates

# pilates K 浦和PARCO店 Lesson Schedule

更新日2024/4/14

2024/4/1~2024/4/15

	4/1(月)	4/2(火)	4/3(水)	4/4(木)	4/5(金)	4/6(土)	4/7(日)	4/8(月)	
10:30	close	10:30~11:30 Hip&Leg Chinatsu	10:30~11:30 Back&Spine (members only) Itsuki	10:30~11:30 Pilates Barre Itsuki	10:30~11:30 Waist Naho	10:30~11:30 Stretch&Conditioning Itsuki	10:30~11:30 Jump to Burn Yuka	close	
12:00		12:00~13:00 Hip Punch (members only) Chinatsu	12:30~13:30 Waist Itsuki	12:00~13:00 Basic Akari.S	12:00~13:00 Animal Stretch (members only) Itsuki	12:00~13:00 Back&Arm ayaka	12:00~13:00 Basic Akari.S		
13:30		13:30~14:30 Stretch&Conditioning Itsuki	18:00~19:00 Hip&Leg Chinatsu	18:00~19:00 Release&Strength Naco	13:30~14:30 Jump to Burn Itsuki	13:30~14:30 Basic Naho	13:30~14:30 Basic Itsuki		13:30~14:30 Advance (members only) Yuka
15:00		18:00~19:00 Reset Flow (members only) Ako			19:30~20:30 Body Balance (members only) ayaka	19:30~20:30 Basic Akari.S	19:30~20:30 Back&Spine (members only) Itsuki		15:00~16:00 Body Balance (members only) ayaka
17:00			19:30~20:30 Basic Itsuki	21:00~22:00 Pilates Workout (members only) Chinatsu	21:00~22:00 Shape up Waist (members only) Naco	21:00~22:00 Basic Akari.S	17:30~18:30 Pilates Barre mayumi		
18:00		19:30~20:30 Basic Itsuki	21:00~22:00 Pilates Workout (members only) Chinatsu	21:00~22:00 Shape up Waist (members only) Naco	21:00~22:00 Basic Akari.S	21:00~22:00 Basic Akari.S			
19:30		21:00~22:00 Basic Akari.S							
21:00		21:00~22:00 Back&Arm ayaka							

	4/9(火)	4/10(水)	4/11(木)	4/12(金)	4/13(土)	4/14(日)	4/15(月)
10:30	10:30~11:30 Back&Arm 未定	10:30~11:30 Waist Naho	10:30~11:30 Basic Naho	10:30~11:30 Jump to Burn Itsuki	10:30~11:30 Basic Akari.S	10:30~11:30 Reset Flow (members only) erina	close
12:00	12:00~13:00 Basic Akari.S	12:30~13:30 Basic 未定	12:00~13:00 Waist Naho	12:00~13:00 Basic Chinatsu	12:00~13:00 Hip&Leg Chinatsu	12:00~13:00 Stretch&Conditioning Itsuki	
13:30	13:30~14:30 Body Balance (members only) 未定	18:00~19:00 Back&Arm Chinatsu	13:30~14:30 Basic Akari.S	13:30~14:30 Pilates Barre Itsuki	13:30~14:30 Shape up Waist (members only) Chinatsu	13:30~14:30 Pilates Workout (members only) Chinatsu	
15:00	18:00~19:00 Waist Naho		19:30~20:30 Animal Stretch (members only) Itsuki	19:30~20:30 Back&Spine (members only) Itsuki	19:30~20:30 Basic Akari.S	15:00~16:00 Basic Akari.S	
17:00		19:30~20:30 Jump to Burn Itsuki	21:00~22:00 Advance (members only) Chinatsu	21:00~22:00 Waist Itsuki	21:00~22:00 Release&Strength Chinatsu	17:30~18:30 Hip Punch (members only) Momo	
18:00	19:30~20:30 Basic Akari.S						
19:30	21:00~22:00 Basic Akari.S						
21:00	21:00~22:00 Basic Akari.S						

- ・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

	4/16(火)	4/17(水)	4/18(木)	4/19(金)	4/20(土)	4/21(日)	4/22(月)	4/23(火)
10:30	10:30~11:30 Waist Itsuki	10:30~11:30 Basic Itsuki	10:30~11:30 Advance (members only) Chinatsu	10:30~11:30 Back&Arm Chinatsu	10:30~11:30 Hip&Leg Chinatsu	10:30~11:30 Basic Akari.S	close	10:30~11:30 Back&Spine (members only) Itsuki
12:00	12:00~13:00 Basic Akari.S	12:30~13:30 Back&Spine (members only) Itsuki	12:00~13:00 Basic Akari.S	12:00~13:00 Waist Itsuki	12:00~13:00 Basic Akari.S	12:00~13:00 Jump to Burn Itsuki		12:00~13:00 Waist Itsuki
13:30	13:30~14:30 Jump to Burn Itsuki		13:30~14:30 Pilates Workout (members only) Chinatsu	13:30~14:30 Hip Punch (members only) Chinatsu	13:30~14:30 Body Balance (members only) Chinatsu	13:30~14:30 Reset Flow (members only) erina		13:30~14:30 Basic Akari.S
15:00					15:00~16:00 Basic Akari.S	15:00~16:00 Hip&Leg erina		
17:00					17:30~18:30 Back&Spine (members only) Itsuki			
18:00	18:00~19:00 Back&Arm Chinatsu	18:00~19:00 Basic Akari.S	18:00~19:00 Waist Itsuki	18:00~19:00 Basic Naho				18:00~19:00 Basic Akari.S
19:30	19:30~20:30 Basic Akari.S	19:30~20:30 Shape up Waist (members only) Chinatsu	19:30~20:30 Stretch&Conditioning Itsuki	19:30~20:30 Waist Naho				19:30~20:30 Body Balance (members only) Chinatsu
21:00	21:00~22:00 Power up Control (members only) Chinatsu	21:00~22:00 Release&Strength Chinatsu	21:00~22:00 Back&Arm ayaka	21:00~22:00 Pilates Barre Itsuki				21:00~22:00 Hip&Leg Chinatsu

	4/24(水)	4/25(木)	4/26(金)	4/27(土)	4/28(日)	4/29(月)	4/30(火)
10:30	10:30~11:30 Pilates Barre Itsuki	10:30~11:30 Stretch&Conditioning Itsuki	10:30~11:30 Basic Akari.S	10:30~11:30 Waist Itsuki	10:30~11:30 Back&Spine (members only) Itsuki	close	10:30~11:30 Basic Akari.S
12:00	12:30~13:30 Basic Akari.S	12:00~13:00 Hip&Leg misaki	12:00~13:00 Power up Control (members only) Chinatsu	12:00~13:00 Release&Strength Chinatsu	12:00~13:00 Basic Akari.S		12:00~13:00 Pilates Barre Itsuki
13:30		13:30~14:30 Pilates Workout (members only) Itsuki	13:30~14:30 Waist Akari.S	13:30~14:30 Basic Itsuki	13:30~14:30 Pilates Barre Itsuki		13:30~14:30 Waist Naho
15:00				15:00~16:00 Advance (members only) Chinatsu	15:00~16:00 Waist 未定		
17:00				17:30~18:30 Jump to Burn Naco			
18:00	18:00~19:00 Hip Punch (members only) Chinatsu	18:00~19:00 Back&Arm ayaka	18:00~19:00 Shape up Waist (members only) Naco				18:00~19:00 Power up Control (members only) Chinatsu
19:30	19:30~20:30 Hip&Leg Naho	19:30~20:30 Basic Akari.S	19:30~20:30 Waist Chinatsu				19:30~20:30 Basic Chinatsu
21:00	21:00~22:00 Release&Strength Chinatsu	21:00~22:00 Body Balance (members only) ayaka	21:00~22:00 Jump to Burn Naco				21:00~22:00 Back&Spine (members only) Itsuki

## 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)