



pilates

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

	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)
10:00	10:00~11:00 Back&Spine (members only) yun	10:30~11:30 Body Balance (members only) yun	10:00~11:00 Back&Arm Karin	10:30~11:30 Hip Punch (members only) Karin	10:00~11:00 Basic Yuna	10:30~11:30 Waist miho	close
11:30	11:30~12:30 Hip&Leg Maori	12:00~13:00 Stretch&Conditioning miho	11:30~12:30 Basic miho	12:00~13:00 Pilates Barre yui	11:30~12:30 Animal Stretch (members only) miho	12:00~13:00 Pilates Workout (members only) Karin	
13:00	13:00~14:00 Basic Maori	13:30~14:30 Hip&Leg Maori	13:00~14:00 Release&Strength yui	13:30~14:30 Waist Karin	13:00~14:00 Body Balance (members only) yun	13:30~14:30 Jump to Burn miho	
14:30	14:30~15:30 Pilates Cardio yun		14:30~15:30 Animal Stretch (members only) miho		14:30~15:30 Shape up Waist (members only) Karin	15:00~16:00 Back&Spine (members only) yun	
16:00					16:00~17:00 Hip&Leg Karin	16:30~17:30 Pilates Barre yun	
17:00	18:00~19:00 Back&Arm miho	18:00~19:00 Release&Strength yui	18:00~19:00 Pilates Barre yun	18:00~19:00 Advance (members only) yun	17:30~18:30 Back&Arm yun	18:00~19:00 Stretch&Conditioning yui	
18:00	19:30~20:30 Jump to Burn miho	19:30~20:30 Reset Flow (members only) Karin	19:30~20:30 Basic Yuna	19:30~20:30 Basic Yuna	19:00~20:00 Reset Flow (members only) Karin		
19:30	21:00~22:00 Body Balance (members only) yui	21:00~22:00 Pilates Workout (members only) Karin	21:00~22:00 Maori	21:00~22:00 Shape up Waist (members only) yun			
21:00			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時間前を切ったの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)
10:00	10:00~11:00 Pilates Barre yui	10:30~11:30 Shape up Waist (members only) yui	10:00~11:00 Hip&Leg Maori	10:30~11:30 Release&Strength yui	10:00~11:00 Power up Control (members only) miho	10:30~11:30 Basic Maori	close	10:00~11:00 Back&Arm yun
11:30	11:30~12:30 Hip Punch (members only) Karin	12:00~13:00 Reset Flow (members only) Karin	11:30~12:30 Basic Maori	12:00~13:00 Waist yui	11:30~12:30 Reset Flow (members only) Karin	12:00~13:00 Release&Strength miho		11:30~12:30 Animal Stretch (members only) miho
13:00	13:00~14:00 Waist yui	13:30~14:30 Back&Arm yui	13:00~14:00 Body Balance (members only) yui	13:00~14:30 Basic Maori	13:00~14:00 Hip&Leg Maori	13:30~14:30 Pilates Workout (members only) Karin		13:00~14:00 Power up Control (members only) yun
14:30	14:30~15:30 Pilates Workout (members only) Karin		14:30~15:30 Jump to Burn yui		14:30~15:30 Basic Maori	15:00~16:00 Back&Arm 未定		14:30~15:30 Basic miho
17:00	18:00~19:00 Basic Maori	18:00~19:00 Power up Control (members only) yun	18:00~19:00 Waist miho	18:00~19:00 Hip Punch (members only) Karin	16:00~17:00 Hip Punch (members only) Karin	16:30~17:30 Waist yui		
18:00	19:30~20:30 Power up Control (members only) miho	19:30~20:30 Body Balance (members only) miho	19:30~20:30 Back&Spine (members only) yun	19:30~20:30 Pilates Barre Karin	17:30~18:30 Back&Spine (members only) yun	18:00~19:00 Pilates Barre Karin		18:00~19:00 Hip&Leg Maori
19:30	21:00~22:00 Stretch&Conditioning miho	21:00~22:00 Pilates Cardio yun	21:00~22:00 Back&Arm miho	21:00~22:00 Basic yun	19:00~20:00 Shape up Waist (members only) yun			19:30~20:30 Release&Strength yui
21:00								21:00~22:00 Jump to Burn yui

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

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）