| pilates K 久 | .留米 | | [| 09/0 | 01 | ~ | 09/ | 80 | 1 | スク | ジュ- | ール | | | | | | | 2025/08/09 |
|-------------|-------|----------|-------|-------|----------|-------|-------|----------|-------|-------|--------------|-------|-------|---------------------|-------|-------|------------------|-------|------------|
| 09/01 | | 09/02 | | | 09/03 | | | 09/04 | | | 09/05 | | | 09/06 | | | 09/07 | | 09/08 |
| 月 | | 火 | | | 水 | | | 木 | | | 金 | | | ± | | | Ħ | | 月 |
| | 10:30 | ~ | 11:30 | 10:30 | ~ | 11:30 | | | | 10:30 | ~ | 11:30 | 10:30 | ~ | 11:30 | 10:30 | ~ | 11:30 | |
| | Bac | k & Arr | n | | Basic | | | | | | Waist | | - 1 | Basic | | 1 | Waist | | |
| | | Ayu.N | | | Misaki.J | | | | | | Misaki. | ı | | Mashiro | 1 | | Misaki. | .1 | |
| | | _ | | 12:30 | | | | | | | | 13:30 | | | 13:30 | | | | |
| | | | | Boo | k & Arn | | | | | | | | ш. | p & L eg | | l , | Basic | | |
| | | | | | | | | | | | | | | | | | | | |
| | 1 | Misaki.J | 1 | | Ayu.N | | | | | | Ruka.I | | | Misaki | | | Mashiro | | |
| | | | | | | | | | | | | | 14:30 | ~ | 15:30 | 14:30 | ~ | 15:30 | |
| | | | | | | | | | | | | | 1 | Basic | | Bad | ck & Ar | m | |
| | | | | | | | | | | | | | | Ruka.l | | | Ayu.N | | |
| | | | | | | | | | | | | | | | | | | 17:30 | |
| | | | | | | | | | | | | | | | | | ip & Le | | |
| | | | | | | | | | | | | | | | | | ih e rrei | 9 | |
| | | | | | | | | | | | | | | | | | Misaki. | J | |
| | | | | | | | | | | | | | | | | | | | |
| close | | | | | | | | | | | | | | | | | | | close |
| | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 17:30 | ~ | 18:30 | | | | |
| | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | Вас | ck & Arı | | | | | |
| | | | | | | | | | | | | | 1 | Mashiro | J | | | | |
| | 18:00 | ~ | 19:00 | 18:00 | ~ | 19:00 | 18:00 | ~ | 19:00 | 18:00 | ~ | 19:00 | | | | | | | |
| | E | Basic | | V | Vaist | | | Basic | | Hi | p & Leg | ı | | | | | | | |
| | | Ruka.l | | | Ruka.i | | | Mashiro. | | | Misaki. | | | | | | | | |
| | | | 21:30 | | | 21:30 | | | 21:30 | | | 21:30 | | | | | | | |
| | | Mains | | Boo | I. O. A | | | Maint | | Do. | ale O. A see | | | | | | | | |
| | V | Vaist | | Вас | k & Arn | п | | Waist | | Ва | ck & Arı | m | | | | | | | |
| | - | Misaki.J | 1 | | Ayu.N | | | Ruka.l | | | Ayu.N | | | | | | | | |
| | 1 | Misaki.J | I | | Ayu.N | | | Ruka.l | | | Ayu.N | | | | | | | | |
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| pilates K 久 | 留米 【 | 09/09 ~ | 09/16 | スケジュール | | | 2025/08/09 更新 |
|---------------|------------------------|---------------|---------------|---------------|---------------|-------|---------------|
| 09/09 | 09/10 | 09/11 | 09/12 | 09/13 | 09/14 | 09/15 | 09/16 |
| 火 | * | 木 | ± | ± | Ħ | 月 | 火 |
| 10:30 ~ 11:30 | 10:30 ~ 11:30 | | 10:30 ~ 11:30 | 10:30 ~ 11:30 | 10:30 ~ 11:30 | | 10:30 ~ 11:30 |
| Basic | Back & Arm | | Basic | Waist | Back & Arm | | Back & Arm |
| Ruka.I | Ayu.N | | Ruka.I | Ruka.I | Mashiro.l | | Mashiro.I |
| 12:30 ~ 13:30 | 12:30 ~ 13:30 | | 12:30 ~ 13:30 | 12:30 ~ 13:30 | 12:30 ~ 13:30 | | 12:30 ~ 13:30 |
| Back & Arm | Stretch & Conditioning | | Back & Arm | Basic | Waist | | Basic |
| Ayu.N | Misaki.J | | Mashiro.I | Mashiro.l | Misaki.J | | Ruka.l |
| | | | | 14:30 ~ 15:30 | 14:30 ~ 15:30 | | |
| | | | | Back & Arm | Basic | | |
| | | | | Ayu.N | Mashiro.I | | |
| | | | | | 16:30 ~ 17:30 | | |
| | | | | | Hip & Leg | | |
| | | | | | Misaki.J | | |
| | | | | | | | |
| | | | | | | close | |
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| | | | | 17:30 ~ 18:30 | | | |
| | | | | Basic | | | |
| | | | | Mashiro.I | | | |
| 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00 | | | | 18:00 ~ 19:00 |
| Hip & Leg | Basic | Back & Arm | Basic | | | | Basic |
| Misaki.J | Mashiro.I | Ayu.N | Misaki.J | | | | Misaki.J |
| 20:30 ~ 21:30 | 20:30 ~ 21:30 | 20:30 ~ 21:30 | 20:30 ~ 21:30 | | | | 20:30 ~ 21:30 |
| Basic | Waist | Basic | Back & Arm | | | | Back & Arm |
| Mashiro.l | Ruka.l | Misaki.J | Ayu.N | | | | Ayu.N |
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[・] 体験可能レッスン ・クラスの種別および・ハントラクターは予告なしに変更となる場合がございます。 群側は 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時間前数にお願いしております。 ・リッスン「機能力」は同前を切ってのキャンセルに訪問がチャンセルとなります。 ※時間がキャンセルが月 2回以上で、翌月の予約可能回数が 1回に何級をれます。

| ŗ | oilat | es K 久 | 留米 | | [| 09/ | 17 | ~ | 09/2 | 24 |] | スケ | ジュ・ | ール | | | | | 2025/ | 08/09 | 更新 |
|-------|--------|--------|-------|-----------|----------|-------|----------|-------|-----------|----------|-------|-------|---------|-------|-------|-------|----------------------|-------|-------|----------|------|
| 0 | 9/17 | | | 09/18 | | | 09/19 | | | 09/20 | | | 09/21 | | 09/22 | | 09/23 | | | 09/24 | |
| * | | | * | | ± | | ± | | E | | 月 | | 火 | | * | | | | | | |
| 10:30 | ~ | 11:30 | | | | 10:30 | ~ | 11:30 | 10:30 | ~ | 11:30 | 10:30 | ~ | 11:30 | | 10:30 | ~ | 11:30 | 10:30 | ~ | 11:3 |
| Ba | sic | | | | | | Waist | | Hij | p & Leg | | ٧ | Vaist | | | | Basic | | Н | lip & Le | g |
| Ma | shiro. | | | | | | Ruka.I | | | Misaki.J | | | Ruka.l | | | | Mashiro | J | | Ayu.N | İ |
| 12:30 | ~ | 13:30 | | | | 12:30 | ~ | 13:30 | 12:30 | ~ | 13:30 | 12:30 | ~ | 13:30 | | 12:30 | ~ | 13:30 | 12:30 | ~ | 13:3 |
| Wa | ist | | | | | | Basic | | Bac | k & Arn | n | E | asic | | | Hi | p & , Leg | 3 | | Basic | |
| R | uka.I | | | | | | Mashiro | .I | | Ayu.N | | , | Mashiro | .I | | | Ayu.N | | | Misaki | J |
| | | | | | | | | | 14:30 | ~ | 15:30 | 14:30 | ~ | 15:30 | | | | | | | |
| | | | | | | | | | Stretch & | | | Bac | k & Arı | m | | | | | | | |
| | | | | | | | | | | Misaki.J | | ' | Mashiro | .l | | | | | | | |
| | | | | | | | | | | | | 16:30 | ~ | 17:30 | | | | | | | |
| | | | | | | | | | | | | E | asic | | | | | | | | |
| | | | | | | | | | | | | | Ruka.I | | | | | | | | |
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| | | | | | | | | | | | | | | | close | | | | | | |
| | | | | | | | | | 17:30 | ~ | 18:30 | | | | | | | | | | |
| | | | | | | | | | | Waist | 10.50 | | | | | | | | | | |
| | | | | | | | | | | Ruka.I | | | | | | | | | | | |
| 18:00 | ~ | 19:00 | 18:00 | ~ | 19:00 | 18:00 | ~ | 19:00 | | Ruka.i | | | | | | 18:00 | ~ | 19:00 | 18:00 | ~ | 19:0 |
| Back | R Arn | , | | | | Ba | ck & Ari | n | | | | | | | | | Naist | | | Basic | |
| | | | | | | | | | | | | | | | | | | | | | |
| 20:30 | yu.N | 21:30 | | Mashire ~ | | _ | Ayu.N | 21:30 | | | | | | | | 20:30 | Ruka.l | 21:30 | 20:30 | Ruka. | 21:3 |
| | | | | | | | | _1.50 | | | | | | | | | | | | | |
| Ba | | | Ba | ck & Ar | m | | Basic | | | | | | | | | | Basic | | Ва | ick & A | m |
| Ma | shiro. | | | Ayu.N | | | Ruka.I | | | | | | | | | | Misaki. | J | | Mashir | o.l |
| | | | | | | | | | | | | | | | | | | | | | |
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| pilates K 久 | 留米 【 | 09/25 ~ | 1 | スケジュール | 2025/08/09 更新 |
|---------------|------------------------|---------------|---------------|--------|---------------|
| 09/25 | 09/26 | 09/27 | 09/28 | 09/29 | 09/30 |
| 木 | ± | ± | Ħ | 月 | 火 |
| | 10:30 ~ 11:30 | 10:30 ~ 11:30 | 10:30 ~ 11:30 | | 10:30 ~ 11:30 |
| | Basic | Waist | Basic | | Hip & Leg |
| | Ruka.l | Misaki.J | Ruka.l | | Ayu.N |
| | 12:30 ~ 13:30 | 12:30 ~ 13:30 | 12:30 ~ 13:30 | | 12:30 ~ 13:30 |
| | Hip & Leg | Basic | Hip & Leg | | Basic |
| | Ayu.N | Misaki.J | Ayu.N | | Ruka.I |
| | | 14:30 ~ 15:30 | 14:30 ~ 15:30 | | |
| | | Back & Arm | Waist | | |
| | | Mashiro.I | Ruka.I | | |
| | | | 16:30 ~ 17:30 | | |
| | | | Back & Arm | | |
| | | | | | |
| | | | Ayu.N | | |
| | | | | | |
| | | | | close | |
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| | | 17:30 ~ 18:30 | | | |
| | | Hip & Leg | | | |
| | | прассед | | | |
| | | Ayu.N | | | |
| 18:00 ~ 19:00 | 18:00 ~ 19:00 | | | | 18:00 ~ 19:00 |
| Waist | Basic | | | | Basic |
| Ruka.I | Mashiro.l | | | | Misaki.J |
| | 20:30 ~ 21:30 | | | | 20:30 ~ 21:30 |
| Basic | Stretch & Conditioning | | | | Back & Arm |
| Mashiro.l | Misaki.J | | | | Mashiro.I |
| maor/IIU.I | miodKLJ | | | | ma3IIII U.I |
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