

| pilates K 吉祥寺店           |                  | 【 10/01 ~ 10/08 】        |                          | スケジュール         |                          | 2025/09/14 更新    |                |
|--------------------------|------------------|--------------------------|--------------------------|----------------|--------------------------|------------------|----------------|
| 10/01                    | 10/02            | 10/03                    | 10/04                    | 10/05          | 10/06                    | 10/07            | 10/08          |
| 水                        | 木                | 金                        | 土                        | 日              | 月                        | 火                | 水              |
| 10:30 ~ 11:30            | 10:30 ~ 11:30    | 10:30 ~ 11:30            | 10:30 ~ 11:30            | 10:30 ~ 11:30  | 10:30 ~ 11:30            | 10:30 ~ 11:30    | 10:30 ~ 11:30  |
| jump to burn             | Basic 🌱          | Animal Stretch           | Pilates Cardio           | Shape up waist | Pilates Barre            | Power up Control | Waist 🌱        |
| Honoka.K                 | Kilali.S         | Mika.N                   | Riho.S                   | Honoka.K       | Mika.N                   | Sae              | MOMOKA.K       |
| 12:00 ~ 13:00            | 12:00 ~ 13:00    | 12:00 ~ 13:00            | 12:00 ~ 13:00            | 12:00 ~ 13:00  | 12:00 ~ 13:00            | 12:00 ~ 13:00    | 12:00 ~ 13:00  |
| Waist 🌱                  | Hip & Leg 🌱      | Basic 🌱                  | Back & Arm 🌱             | Basic 🌱        | Animal Stretch           | Release&Strength | Basic 🌱        |
| Honoka.K                 | Honoka.K         | Kilali.S                 | yuna.H                   | MOMOKA.K       | Mika.N                   | Sae              | Kilali.S       |
| 13:30 ~ 14:30            | 13:30 ~ 14:30    | 13:30 ~ 14:30            | 13:30 ~ 14:30            | 13:30 ~ 14:30  | 13:30 ~ 14:30            | 13:30 ~ 14:30    | 13:30 ~ 14:30  |
| Hip & Leg 🌱              | Shape up waist   | Pilates Workout          | Basic 🌱                  | jump to burn   | Stretch & Conditioning 🌱 | Back & Arm 🌱     | Body Balance   |
| MOMOKA.K                 | Honoka.K         | Mika.N                   | Honoka.K                 | moeko.t        | yuna.H                   | yuna.H           | MOMOKA.K       |
|                          | 15:00 ~ 16:00    |                          | 15:00 ~ 16:00            | 15:00 ~ 16:00  |                          | 15:00 ~ 16:00    |                |
|                          | Basic 🌱          |                          | Pilates Barre            | Waist 🌱        |                          | Hip & Leg 🌱      |                |
|                          | Kilali.S         |                          | Riho.S                   | Honoka.K       |                          | Honoka.K         |                |
|                          |                  |                          | 16:30 ~ 17:30            | 16:30 ~ 17:30  |                          |                  |                |
|                          |                  |                          | Stretch & Conditioning 🌱 | Body Balance   |                          |                  |                |
|                          |                  |                          | yuna.H                   | MOMOKA.K       |                          |                  |                |
|                          |                  |                          |                          |                |                          |                  |                |
| 18:00 ~ 19:00            | 18:00 ~ 19:00    | 18:00 ~ 19:00            | 18:00 ~ 19:00            | 18:00 ~ 19:00  | 18:00 ~ 19:00            | 18:00 ~ 19:00    | 18:00 ~ 19:00  |
| Stretch & Conditioning 🌱 | Reset Flow       | Back & Arm 🌱             | jump to burn             | Hip & Leg 🌱    | Waist 🌱                  | jump to burn     | Animal Stretch |
| yuna.H                   | Mika.N           | yuna.H                   | Honoka.K                 | moeko.t        | MOMOKA.K                 | Honoka.K         | Mika.N         |
| 19:30 ~ 20:30            | 19:30 ~ 20:30    | 19:30 ~ 20:30            |                          |                | 19:30 ~ 20:30            | 19:30 ~ 20:30    | 19:30 ~ 20:30  |
| Basic 🌱                  | Release&Strength | Pilates Barre            |                          |                | Basic 🌱                  | Reset Flow       | Hip & Leg 🌱    |
| yuna.H                   | Mika.N           | Mika.N                   |                          |                | Kilali.S                 | Mika.N           | Honoka.K       |
| 21:00 ~ 22:00            | 21:00 ~ 22:00    | 21:00 ~ 22:00            |                          |                | 21:00 ~ 22:00            | 21:00 ~ 22:00    | 21:00 ~ 22:00  |
| Back & Arm 🌱             | Hip & Leg 🌱      | Stretch & Conditioning 🌱 |                          |                | Body Balance             | Pilates Cardio   | jump to burn   |
| YUKA.I                   | Honoka.K         | yuna.H                   |                          |                | MOMOKA.K                 | Sae              | Honoka.K       |

| pilates K 吉祥寺店 |                  | 【 10/09 ~ 10/16 】 |                  | スケジュール                   |                          | 2025/09/14 更新   |                |
|----------------|------------------|-------------------|------------------|--------------------------|--------------------------|-----------------|----------------|
| 10/09          | 10/10            | 10/11             | 10/12            | 10/13                    | 10/14                    | 10/15           | 10/16          |
| 木              | 金                | 土                 | 日                | 月                        | 火                        | 水               | 木              |
| 10:30 ~ 11:30  | 10:30 ~ 11:30    | 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 🌱        | Leg Lines        | Pilates Workout   | Release&Strength | Basic 🌱                  | Waist 🌱                  | Pilates Barre   | Basic 🌱        |
| yuna.H         | Maari            | Haru              | Mika.N           | Kilali.S                 | MOMOKA.K                 | Mika.N          | Kilali.S       |
| 12:00 ~ 13:00  | 12:00 ~ 13:00    | 12:00 ~ 13:00     | 12:00 ~ 13:00    | 12:00 ~ 13:00            | 12:00 ~ 13:00            | 12:00 ~ 13:00   | 12:00 ~ 13:00  |
| Body Balance   | Waist 🌱          | Basic 🌱           | Animal Stretch   | Back & Arm 🌱             | Leg Lines                | Pilates Workout | Hip & Leg 🌱    |
| MOMOKA.K       | Honoka.K         | Kilali.S          | Mika.N           | yuna.H                   | Haru                     | Mika.N          | Honoka.K       |
| 13:30 ~ 14:30  | 13:30 ~ 14:30    | 13:30 ~ 14:30     | 13:30 ~ 14:30    | 13:30 ~ 14:30            | 13:30 ~ 14:30            | 13:30 ~ 14:30   | 13:30 ~ 14:30  |
| Hip & Leg 🌱    | Pilates Cardio   | Shape up waist    | Basic 🌱          | Body Balance             | Reset Flow               | Basic 🌱         | Waist 🌱        |
| Honoka.K       | Maari            | Mika.N            | yuna.H           | MOMOKA.K                 | Mika.N                   | Kilali.S        | Honoka.K       |
| 15:00 ~ 16:00  |                  | 15:00 ~ 16:00     | 15:00 ~ 16:00    | 15:00 ~ 16:00            | 15:00 ~ 16:00            |                 | 15:00 ~ 16:00  |
| Waist 🌱        |                  | Reset Flow        | Pilates Barre    | Basic 🌱                  | Hip Punch                |                 | Basic 🌱        |
| Honoka.K       |                  | Mika.N            | Mika.N           | Kilali.S                 | Haru                     |                 | Kilali.S       |
|                |                  | 16:30 ~ 17:30     | 16:30 ~ 17:30    | 16:30 ~ 17:30            |                          |                 |                |
|                |                  | Leg Lines         | Basic 🌱          | Stretch & Conditioning 🌱 |                          |                 |                |
|                |                  | Haru              | Kilali.S         | yuna.H                   |                          |                 |                |
|                |                  |                   |                  |                          |                          |                 |                |
| 18:00 ~ 19:00  | 18:00 ~ 19:00    | 18:00 ~ 19:00     | 18:00 ~ 19:00    | 18:00 ~ 19:00            | 18:00 ~ 19:00            | 18:00 ~ 19:00   | 18:00 ~ 19:00  |
| Basic 🌱        | Release&Strength | Back & Spine      | Back & Arm 🌱     | Waist 🌱                  | Basic 🌱                  | Body Balance    | Shape up waist |
| Kilali.S       | Mika.N           | Haru              | yuna.H           | MOMOKA.K                 | yuna.H                   | MOMOKA.K        | Honoka.K       |
| 19:30 ~ 20:30  | 19:30 ~ 20:30    |                   |                  |                          | 19:30 ~ 20:30            | 19:30 ~ 20:30   | 19:30 ~ 20:30  |
| Back & Arm 🌱   | Hip Punch        |                   |                  |                          | Pilates Workout          | Waist 🌱         | jump to burn   |
| yuna.H         | Maari            |                   |                  |                          | Mika.N                   | MOMOKA.K        | moeko.t        |
| 21:00 ~ 22:00  | 21:00 ~ 22:00    |                   |                  |                          | 21:00 ~ 22:00            | 21:00 ~ 22:00   | 21:00 ~ 22:00  |
| Basic 🌱        | Reset Flow       |                   |                  |                          | Stretch & Conditioning 🌱 | Hip & Leg 🌱     | Back & Arm 🌱   |
| Kilali.S       | Mika.N           |                   |                  |                          | yuna.H                   | Honoka.K        | moeko.t        |

🌱：体験可能レッスン  
 ・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週間前迄にお願いしております。  
 ・レッスン開始時刻1時間前を切つて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。

## pilates K 吉祥寺店

【 10/17 ~ 10/24 】 スケジュール

2025/09/14 更新

| 10/17            | 10/18                    | 10/19                    | 10/20          | 10/21          | 10/22         | 10/23                    | 10/24         |
|------------------|--------------------------|--------------------------|----------------|----------------|---------------|--------------------------|---------------|
| 金                | 土                        | 日                        | 月              | 火              | 水             | 木                        | 金             |
| 10:30 ~ 11:30    | 10:30 ~ 11:30            | 10:30 ~ 11:30            | 10:30 ~ 11:30  | 10:30 ~ 11:30  | 10:30 ~ 11:30 | 10:30 ~ 11:30            | 10:30 ~ 11:30 |
| Hip Punch        | Back & Arm 🍃             | Stretch & Conditioning 🍃 | Basic 🍃        | Hip & Leg 🍃    | jump to burn  | Reset Flow               | Basic 🍃       |
| Mai              | yuna.H                   | yuna.H                   | Kilali.S       | YUKA.I         | Honoka.K      | Mika.N                   | Kilali.S      |
| 12:00 ~ 13:00    | 12:00 ~ 13:00            | 12:00 ~ 13:00            | 12:00 ~ 13:00  | 12:00 ~ 13:00  | 12:00 ~ 13:00 | 12:00 ~ 13:00            | 12:00 ~ 13:00 |
| Back & Spine     | jump to burn             | Reset Flow               | Waist 🍃        | Back & Arm 🍃   | Hip & Leg 🍃   | Back & Arm 🍃             | Hip Punch     |
| Mai              | Honoka.K                 | Mika.N                   | Mika.N         | YUKA.I         | Honoka.K      | yuna.H                   | Haru          |
| 13:30 ~ 14:30    | 13:30 ~ 14:30            | 13:30 ~ 14:30            | 13:30 ~ 14:30  | 13:30 ~ 14:30  | 13:30 ~ 14:30 | 13:30 ~ 14:30            | 13:30 ~ 14:30 |
| Basic 🍃          | Hip & Leg 🍃              | Release&Strength         | Animal Stretch | Leg Lines      | Basic 🍃       | Stretch & Conditioning 🍃 | Back & Spine  |
| Kilali.S         | Honoka.K                 | Mika.N                   | Mika.N         | Honoka.K       | yuna.H        | yuna.H                   | Haru          |
|                  | 15:00 ~ 16:00            | 15:00 ~ 16:00            |                | 15:00 ~ 16:00  |               | 15:00 ~ 16:00            |               |
|                  | Stretch & Conditioning 🍃 | Basic 🍃                  |                | Shape up waist |               | Pilates Workout          |               |
|                  | yuna.H                   | yuna.H                   |                | Honoka.K       |               | Mika.N                   |               |
|                  | 16:30 ~ 17:30            | 16:30 ~ 17:30            |                |                |               |                          |               |
|                  | Shape up waist           | Back & Arm 🍃             |                |                |               |                          |               |
|                  | Honoka.K                 | yuna.H                   |                |                |               |                          |               |
|                  |                          |                          |                |                |               |                          |               |
| 18:00 ~ 19:00    | 18:00 ~ 19:00            | 18:00 ~ 19:00            | 18:00 ~ 19:00  | 18:00 ~ 19:00  | 18:00 ~ 19:00 | 18:00 ~ 19:00            | 18:00 ~ 19:00 |
| Power up Control | Basic 🍃                  | Pilates Workout          | Hip & Leg 🍃    | Basic 🍃        | Back & Spine  | Basic 🍃                  | Waist 🍃       |
| Mai              | Kilali.S                 | Mika.N                   | Honoka.K       | yuna.H         | Mika.N        | Kilali.S                 | Honoka.K      |
| 19:30 ~ 20:30    |                          |                          | 19:30 ~ 20:30  | 19:30 ~ 20:30  | 19:30 ~ 20:30 | 19:30 ~ 20:30            | 19:30 ~ 20:30 |
| Body Balance     |                          |                          | Basic 🍃        | Back & Arm 🍃   | Basic 🍃       | Back & Arm 🍃             | Hip & Leg 🍃   |
| MOMOKA.K         |                          |                          | Kilali.S       | yuna.H         | Kilali.S      | yuna.H                   | Honoka.K      |
| 21:00 ~ 22:00    |                          |                          | 21:00 ~ 22:00  | 21:00 ~ 22:00  | 21:00 ~ 22:00 | 21:00 ~ 22:00            | 21:00 ~ 22:00 |
| Release&Strength |                          |                          | Shape up waist | Hip & Leg 🍃    | Pilates Barre | Basic 🍃                  | Leg Lines     |
| Mika.N           |                          |                          | Honoka.K       | YUKA.I         | Mika.N        | Kilali.S                 | Haru          |

## pilates K 吉祥寺店

【 10/25 ~ 10/31 】 スケジュール

2025/09/14 更新

| 10/25            | 10/26                    | 10/27 | 10/28          | 10/29            | 10/30                    | 10/31          |
|------------------|--------------------------|-------|----------------|------------------|--------------------------|----------------|
| 土                | 日                        | 月     | 火              | 水                | 木                        | 金              |
| 10:30 ~ 11:30    | 10:30 ~ 11:30            |       | 10:30 ~ 11:30  | 10:30 ~ 11:30    | 10:30 ~ 11:30            | 10:30 ~ 11:30  |
| Hip & Leg 🍃      | Stretch & Conditioning 🍃 |       | Shape up waist | Power up Control | Basic 🍃                  | Back & Spine   |
| moeko.t          | yuna.H                   |       | Honoka.K       | Sae              | Kilali.S                 | Mika.N         |
| 12:00 ~ 13:00    | 12:00 ~ 13:00            |       | 12:00 ~ 13:00  | 12:00 ~ 13:00    | 12:00 ~ 13:00            | 12:00 ~ 13:00  |
| Pilates Cardio   | Back & Spine             |       | Leg Lines      | Release&Strength | Hip Punch                | Back & Arm 🍃   |
| Maari            | Mika.N                   |       | Honoka.K       | Mai              | Maari                    | YUKA.I         |
| 13:30 ~ 14:30    | 13:30 ~ 14:30            |       | 13:30 ~ 14:30  | 13:30 ~ 14:30    | 13:30 ~ 14:30            | 13:30 ~ 14:30  |
| Release&Strength | Basic 🍃                  |       | Pilates Barre  | Hip Punch        | Basic 🍃                  | Hip & Leg 🍃    |
| Mika.N           | yuna.H                   |       | Riho.S         | Mai              | Kilali.S                 | MOMOKA.K       |
| 15:00 ~ 16:00    | 15:00 ~ 16:00            |       | 15:00 ~ 16:00  |                  | 15:00 ~ 16:00            |                |
| Basic 🍃          | Waist 🍃                  |       | Basic 🍃        |                  | Pilates Cardio           |                |
| moeko.t          | MOMOKA.K                 |       | Kilali.S       |                  | Maari                    |                |
| 16:30 ~ 17:30    | 16:30 ~ 17:30            |       |                |                  |                          |                |
| jump to burn     | Animal Stretch           |       |                |                  |                          |                |
| moeko.t          | Mika.N                   |       |                |                  |                          |                |
|                  |                          |       |                |                  | #REF!                    |                |
| 18:00 ~ 19:00    | 18:00 ~ 19:00            |       | 18:00 ~ 19:00  | 18:00 ~ 19:00    | 18:00 ~ 19:00            | 18:00 ~ 19:00  |
| Leg Lines        | Back & Arm 🍃             |       | Pilates Cardio | Basic 🍃          | Stretch & Conditioning 🍃 | Leg Lines      |
| Maari            | MOMOKA.K                 |       | Riho.S         | Kilali.S         | yuna.H                   | Honoka.K       |
|                  |                          |       | 19:30 ~ 20:30  | 19:30 ~ 20:30    | 19:30 ~ 20:30            | 19:30 ~ 20:30  |
|                  |                          |       | Basic 🍃        | Reset Flow       | Leg Lines                | Shape up waist |
|                  |                          |       | Kilali.S       | Sae              | Maari                    | Honoka.K       |
|                  |                          |       | 21:00 ~ 22:00  | 21:00 ~ 22:00    | 21:00 ~ 22:00            | 21:00 ~ 22:00  |
|                  |                          |       | Waist 🍃        | Body Balance     | Back & Arm 🍃             | Hip & Leg 🍃    |
|                  |                          |       | Riho.S         | Sae              | yuna.H                   | YUKA.I         |

🍃 : 体験可能レッスン

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・レッスン開始時刻1時間前を切つて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。