

pilates K シーモール下関店

【 11/01 ~ 11/08 】 スケジュール

2025/10/21 更新

11/01	11/02	11/03	11/04	11/05	11/06	11/07	11/08							
土	日	月	火	水	木	金	土							
10:30 ~ 11:30	10:30 ~ 11:30	close	10:30 ~ 11:30	10:30 ~ 11:30	close	10:30 ~ 11:30	10:30 ~ 11:30							
Basic👉	Back & Arm👉		Basic👉	Hip & Leg👉		Back & Arm👉	Stretch & Conditioning👉							
Yachi	miu.k		Yachi	miu.k		miu.k	Koharu.K							
12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00							
Waist👉	jump to burn		Hip & Leg👉	Basic👉		Body Balance	Basic👉							
Riri.O	Koharu.K		miu.k	Riri.O		Yachi	Yachi							
13:30 ~ 14:30	14:30 ~ 15:30		13:30 ~ 14:30	close		13:30 ~ 14:30	13:30 ~ 14:30							
Body Balance	Hip & Leg👉		Back & Arm👉			Pilates Workout	jump to burn							
Koharu.K	miu.k		Yachi			miu.k	Koharu.K							
15:00 ~ 16:00	16:30 ~ 17:30		close			close	15:00 ~ 16:00							
Back & Spine	Basic👉						Body Balance							
Yachi	Koharu.K						Yachi							
close	close						close							
							17:30 ~ 18:30							
							Waist👉							
Koharu.K														
Basic👉	close		18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	close							
Riri.O			Basic👉	Body Balance	Back & Arm👉	Basic👉								
close			Riri.O	Koharu.K	miu.k	Riri.O								
			19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30								
			Back & Arm👉	Waist👉	Basic👉	Back & Spine								
			miu.k	Riri.O	Koharu.K	Yachi								
			21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00								
			Waist👉	Basic👉	Hip & Leg👉	Basic👉								
			Riri.O	Koharu.K	miu.k	Riri.O								

pilates K シーモール下関店

【 11/09 ~ 11/16 】 スケジュール

2025/10/21 更新

11/09	11/10	11/11	11/12	11/13	11/14	11/15	11/16							
日	月	火	水	木	金	土	日							
10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30	close	10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30							
Waist 🏋️	Back & Spine	Body Balance	Basic 🏋️		Waist 🏋️	Back & Arm 🏋️	Basic 🏋️							
Koharu.K	Yachi	Koharu.K	Yachi		Riri.O	Yachi	Riri.O							
12:30 ~ 13:30	12:30 ~ 13:30	12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30							
Pilates Workout	Body Balance	Waist 🏋️	jump to burn		Basic 🏋️	Hip & Leg 🏋️	jump to burn							
Yachi	Koharu.K	Riri.O	Koharu.K		Yachi	Riri.O	Koharu.K							
14:30 ~ 15:30	close	13:30 ~ 14:30	close		13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30							
Basic 🏋️		Basic 🏋️			Hip & Leg 🏋️	Basic 🏋️	Waist 🏋️							
Koharu.K		Koharu.K			Riri.O	Koharu.K	Riri.O							
16:30 ~ 17:30		close			close	15:00 ~ 16:00	16:30 ~ 17:30							
Hip & Leg 🏋️						Stretch & Conditioning 🏋️	Basic 🏋️							
Yachi						Yachi	Koharu.K							
close						close	close							
						17:30 ~ 18:30								
						Basic 🏋️								
						Riri.O								
18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00			18:00 ~ 19:00		18:00 ~ 19:00	close					
Hip & Leg 🏋️	Pilates Workout	Back & Arm 🏋️	Basic 🏋️			Hip & Leg 🏋️								
Riri.O	miu.k	miu.k	Yachi			miu.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						
Waist 🏋️	Hip & Leg 🏋️	Basic 🏋️	Back & Arm 🏋️			Stretch & Conditioning 🏋️								
Koharu.K	Riri.O	Riri.O	miu.k			Yachi								
21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00			21:00 ~ 22:00		21:00 ~ 22:00						
Basic 🏋️	Back & Arm 🏋️	Hip & Leg 🏋️	Back & Spine			Back & Arm 🏋️								
Riri.O	miu.k	miu.k	Yachi	miu.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		close						
Pilates Workout	Back & Spine	Back & Spine	Back & Spine	Back & Spine										
miu.k	Yachi	Yachi	Yachi	Yachi										
19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30		19:30 ~ 20:30								
Hip & Leg 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️										
Riri.O	miu.k	miu.k	miu.k	miu.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								
Basic 🏋️	Back & Arm 🏋️	Hip & Leg 🏋️	Back & Spine	Back & Arm 🏋️										
Riri.O	miu.k	miu.k	Yachi	miu.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			close					
Pilates Workout	Back & Spine	Back & Spine	Back & Spine	Back & Spine										
miu.k	Yachi	Yachi	Yachi	Yachi										
19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30		19:30 ~ 20:30								
Hip & Leg 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️										
Riri.O	miu.k	miu.k	miu.k	miu.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								
Basic 🏋️	Back & Arm 🏋️	Hip & Leg 🏋️	Back & Spine	Back & Arm 🏋️										
Riri.O	miu.k	miu.k	Yachi	miu.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		close						
Pilates Workout	Back & Spine	Back & Spine	Back & Spine	Back & Spine										
miu.k	Yachi	Yachi	Yachi	Yachi										
19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30		19:30 ~ 20:30								
Hip & Leg 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️										
Riri.O	miu.k	miu.k	miu.k	miu.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								
Basic 🏋️	Back & Arm 🏋️	Hip & Leg 🏋️	Back & Spine	Back & Arm 🏋️										
Riri.O	miu.k	miu.k	Yachi	miu.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	close								
Pilates Workout	Back & Spine	Back & Spine	Back & Spine	Back & Spine										
miu.k	Yachi	Yachi	Yachi	Yachi										
19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30									
Hip & Leg 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️										
Riri.O	miu.k	miu.k	miu.k	miu.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									
Basic 🏋️	Back & Arm 🏋️	Hip & Leg 🏋️	Back & Spine	Back & Arm 🏋️										
Riri.O	miu.k	miu.k	Yachi	miu.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		close							
Pilates Workout	Back & Spine	Back & Spine	Back & Spine	Back & Spine										
miu.k	Yachi	Yachi	Yachi	Yachi										
19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30									
Hip & Leg 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️										
Riri.O	miu.k	miu.k	miu.k	miu.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									
Basic 🏋️	Back & Arm 🏋️	Hip & Leg 🏋️	Back & Spine	Back & Arm 🏋️										
Riri.O	miu.k	miu.k	Yachi	miu.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	close								
Pilates Workout	Back & Spine	Back & Spine	Back & Spine	Back & Spine										
miu.k	Yachi	Yachi	Yachi	Yachi										
19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30									
Hip & Leg 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️										
Riri.O	miu.k	miu.k	miu.k	miu.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									
Basic 🏋️	Back & Arm 🏋️	Hip & Leg 🏋️	Back & Spine	Back & Arm 🏋️										
Riri.O	miu.k	miu.k	Yachi	miu.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		close							
Pilates Workout	Back & Spine	Back & Spine	Back & Spine	Back & Spine										
miu.k	Yachi	Yachi	Yachi	Yachi										
19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30									
Hip & Leg 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️										
Riri.O	miu.k	miu.k	miu.k	miu.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									
Basic 🏋️	Back & Arm 🏋️	Hip & Leg 🏋️	Back & Spine	Back & Arm 🏋️										
Riri.O	miu.k	miu.k	Yachi	miu.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	close								
Pilates Workout	Back & Spine	Back & Spine	Back & Spine	Back & Spine										
miu.k	Yachi	Yachi	Yachi	Yachi										
19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30									
Hip & Leg 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️										
Riri.O	miu.k	miu.k	miu.k	miu.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									
Basic 🏋️	Back & Arm 🏋️	Hip & Leg 🏋️	Back & Spine	Back & Arm 🏋️										
Riri.O	miu.k	miu.k	Yachi	miu.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		close							
Pilates Workout	Back & Spine	Back & Spine	Back & Spine	Back & Spine										
miu.k	Yachi	Yachi	Yachi	Yachi										
19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30									
Hip & Leg 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️										
Riri.O	miu.k	miu.k	miu.k	miu.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									
Basic 🏋️	Back & Arm 🏋️	Hip & Leg 🏋️	Back & Spine	Back & Arm 🏋️										
Riri.O	miu.k	miu.k	Yachi	miu.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	close								
Pilates Workout	Back & Spine	Back & Spine	Back & Spine	Back & Spine										
miu.k	Yachi	Yachi	Yachi	Yachi										
19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30									
Hip & Leg 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️										
Riri.O	miu.k	miu.k	miu.k	miu.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									
Basic 🏋️	Back & Arm 🏋️	Hip & Leg 🏋️	Back & Spine	Back & Arm 🏋️										
Riri.O	miu.k	miu.k	Yachi	miu.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		close							
Pilates Workout	Back & Spine	Back & Spine	Back & Spine	Back & Spine										
miu.k	Yachi	Yachi	Yachi	Yachi										
19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30									
Hip & Leg 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️										
Riri.O	miu.k	miu.k	miu.k	miu.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									
Basic 🏋️	Back & Arm 🏋️	Hip & Leg 🏋️	Back & Spine	Back & Arm 🏋️										
Riri.O	miu.k	miu.k	Yachi	miu.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	close								
Pilates Workout	Back & Spine	Back & Spine	Back & Spine	Back & Spine										
miu.k	Yachi	Yachi	Yachi	Yachi										
19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30									
Hip & Leg 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️										
Riri.O	miu.k	miu.k	miu.k	miu.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									
Basic 🏋️	Back & Arm 🏋️	Hip & Leg 🏋️	Back & Spine	Back & Arm 🏋️										
Riri.O	miu.k	miu.k	Yachi	miu.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		close							
Pilates Workout	Back & Spine	Back & Spine	Back & Spine	Back & Spine										
miu.k	Yachi	Yachi	Yachi	Yachi										
19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30									
Hip & Leg 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️										
Riri.O	miu.k	miu.k	miu.k	miu.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									
Basic 🏋️	Back & Arm 🏋️	Hip & Leg 🏋️	Back & Spine	Back & Arm 🏋️										
Riri.O	miu.k	miu.k	Yachi	miu.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	close								
Pilates Workout	Back & Spine	Back & Spine	Back & Spine	Back & Spine										
miu.k	Yachi	Yachi	Yachi	Yachi										
19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30									
Hip & Leg 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️										
Riri.O	miu.k	miu.k	miu.k	miu.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									
Basic 🏋️	Back & Arm 🏋️	Hip & Leg 🏋️	Back & Spine	Back & Arm 🏋️										
Riri.O	miu.k	miu.k	Yachi	miu.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		close							
Pilates Workout	Back & Spine	Back & Spine	Back & Spine	Back & Spine										
miu.k	Yachi	Yachi	Yachi	Yachi										
19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30									
Hip & Leg 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️										
Riri.O	miu.k	miu.k	miu.k	miu.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									
Basic 🏋️	Back & Arm 🏋️	Hip & Leg 🏋️	Back & Spine	Back & Arm 🏋️										
Riri.O	miu.k	miu.k	Yachi	miu.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	close								
Pilates Workout	Back & Spine	Back & Spine	Back & Spine	Back & Spine										
miu.k	Yachi	Yachi	Yachi	Yachi										
19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30									
Hip & Leg 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️	Stretch & Conditioning 🏋️										
Riri.O	miu.k	miu.k	miu.k	miu.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									
Basic 🏋️	Back & Arm 🏋️	Hip & Leg 🏋️	Back & Spine	Back & Arm 🏋️										
Riri.O	miu.k	miu.k	Yachi	miu.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		close							
Pilates Workout	Back & Spine	Back & Spine	Back & Spine	Back & Spine										
miu.k	Yachi	Yachi	Yachi	Yachi										
19:30 ~ 20:30	19:30 ~ 20:30													

🟢：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。

11/17	11/18	11/19	11/20	11/21	11/22	11/23	11/24
月	火	水	木	金	土	日	月
close	close	close	close	10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30	close
				Hip & Leg 🌱	Waist 🌱	Back & Arm 🌱	
				miu.k	Koharu.K	miu.k	
				12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30	
				Back & Spine	Pre Basic 🌱	Basic 🌱	
				Yachi	Yachi	Koharu.K	
				13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30	
				Basic 🌱	Stretch & Conditioning 🌱	Pilates Workout	
				Koharu.K	Riri.O	miu.k	
				close	15:00 ~ 16:00	16:30 ~ 17:30	
					Hip & Leg 🌱	Waist 🌱	
					Yachi	Koharu.K	
					close	close	
				17:30 ~ 18:30			
				Body Balance			
				Koharu.K	close		
				18:00 ~ 19:00		18:00 ~ 19:00	
Back & Arm 🌱	Waist 🌱						
miu.k	Riri.O						
19:30 ~ 20:30	19:30 ~ 20:30						
Basic 🌱	Body Balance						
Riri.O	Koharu.K						
21:00 ~ 22:00	21:00 ~ 22:00						
Hip & Leg 🌱	Basic 🌱						
miu.k	Riri.O						

11/25	11/26	11/27	11/28	11/29	11/30		
火	水	木	金	土	日		
10:30 ~ 11:30	10:30 ~ 11:30	close	10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30		
Basic 🌱	Back & Spine		Pre Basic 🌱	Back & Arm 🌱	Hip & Leg 🌱		
Riri.O	Yachi		Yachi	miu.k	miu.k		
12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30		
Back & Arm 🌱	Basic 🌱		jump to burn	Stretch & Conditioning 🌱	Pre Basic 🌱		
miu.k	Riri.O		Koharu.K	Riri.O	Yachi		
13:30 ~ 14:30	close		13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30		
Waist 🌱			Stretch & Conditioning 🌱	Pilates Workout	Back & Arm 🌱		
Riri.O			Riri.O	Yachi	miu.k		
close			close	close	15:00 ~ 16:00	16:30 ~ 17:30	
		Basic 🌱			Body Balance		
		Riri.O			Koharu.K		
		close			close		
		17:30 ~ 18:30					
		Back & Spine					
Yachi		close	close	close	close		
18:00 ~ 19:00	18:00 ~ 19:00					18:00 ~ 19:00	18:00 ~ 19:00
Pre Basic 🌱	Waist 🌱					Hip & Leg 🌱	Back & Arm 🌱
Yachi	Koharu.K					Koharu.K	miu.k
19:30 ~ 20:30	19:30 ~ 20:30					19:30 ~ 20:30	19:30 ~ 20:30
Hip & Leg 🌱	Pilates Workout					Waist 🌱	Basic 🌱
miu.k	Yachi	Riri.O	Koharu.K				
21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	close	close		
Back & Spine	Basic 🌱	Body Balance	Hip & Leg 🌱				
Yachi	Koharu.K	Koharu.K	miu.k				

🌱 : 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。