

| pilates K ぐずはモール       |               | 【 11/01 ~ 11/08 】 | スケジュール        |               | 2025/10/29 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  |               |               |               |                |               |       |
| Back & Arm             | Basic         |                   | Body Balance  | Basic         |               | Waist         | Shape up waist |               |               |               |                |               |       |
| Shio.K                 | Shio.K        |                   | Alisa.K       | Shio.K        |               | Alisa.K       | ayu.Y          |               |               |               |                |               |       |
| 12:00 ~ 13:00          | 12:30 ~ 13:30 |                   | 12:00 ~ 13:00 | 12:30 ~ 13:30 |               | 12:00 ~ 13:00 | 12:00 ~ 13:00  |               |               |               |                |               |       |
| Basic                  | Hip & Leg     |                   | Basic         | Waist         |               | Back & Arm    | Basic          |               |               |               |                |               |       |
| Shio.K                 | Shio.K        |                   | Shio.K        | Alisa.K       |               | Shio.K        | Shio.K         |               |               |               |                |               |       |
| 13:30 ~ 14:30          | 14:30 ~ 15:30 |                   | 13:30 ~ 14:30 | close         |               | 13:30 ~ 14:30 | 13:30 ~ 14:30  |               |               |               |                |               |       |
| Shape up waist         | Basic         |                   | Hip & Leg     |               |               | Basic         | Waist          |               |               |               |                |               |       |
| ayu.Y                  | Alisa.K       |                   | Alisa.K       |               |               | Shio.K        | ayu.Y          |               |               |               |                |               |       |
| 15:00 ~ 16:00          | 16:30 ~ 17:30 |                   | close         | close         |               | close         | close          | 15:00 ~ 16:00 | close         |               |                |               |       |
| Stretch & Conditioning | Waist         |                   |               |               |               |               |                | Basic         |               |               |                |               |       |
| ayu.Y                  | Alisa.K       |                   |               |               |               |               |                | Shio.K        |               |               |                |               |       |
| close                  | close         |                   |               |               |               |               |                | close         |               | close         | close          |               |       |
| 17:30 ~ 18:30          |               |                   |               |               |               |               |                | 17:30 ~ 18:30 |               |               |                |               |       |
| Basic                  |               |                   |               |               |               |               |                | Hip & Leg     |               |               |                |               |       |
| Shio.K                 |               |                   |               |               |               |               |                | Shio.K        |               |               |                |               |       |
| close                  | close         |                   |               |               |               |               |                | 18:00 ~ 19:00 |               | 18:00 ~ 19:00 | 18:00 ~ 19:00  | 18:00 ~ 19:00 | close |
|                        |               |                   |               |               |               |               |                | Basic         |               | Hip & Leg     | Basic          | Waist         |       |
|                        |               |                   |               |               |               |               |                | Shio.K        |               | Shio.K        | Alisa.K        | ayu.Y         |       |
|                        |               |                   |               |               |               |               |                | 19:30 ~ 20:30 |               | 19:30 ~ 20:30 | 19:30 ~ 20:30  | 19:30 ~ 20:30 |       |
|                        |               |                   |               |               |               |               |                | Waist         |               | Back & Arm    | Shape up waist | Basic         |       |
|                        |               |                   |               |               |               |               |                | ayu.Y         | ayu.Y         | ayu.Y         | Alisa.K        |               |       |
|                        |               |                   |               |               |               |               |                | 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00  |               |       |
| Stretch & Conditioning | Basic         |                   |               |               |               |               |                | Hip & Leg     | Body Balance  |               |                |               |       |
| ayu.Y                  | ayu.Y         | Alisa.K           | Alisa.K       |               |               |               |                |               |               |               |                |               |       |

| pilates K くずはモール         |               |                |                | 【             | 11/09          | ～                        | 11/16         | 】             | スケジュール        |       | 2025/10/29 | 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            | close         | 10:30 ～ 11:30  | 10:30 ～ 11:30  | close         | 10:30 ～ 11:30  | 10:30 ～ 11:30            | 10:30 ～ 11:30 |               |               |       |            |       |       |                |               |               |               |       |       |  |  |  |  |  |
| Basic 🏊                  |               | Waist 🏊        | Basic 🏊        |               | Basic 🏊        | Stretch & Conditioning 🏊 | Back & Arm 🏊  |               |               |       |            |       |       |                |               |               |               |       |       |  |  |  |  |  |
| Shio.K                   |               | Alisa.K        | Alisa.K        |               | ayu.Y          | Alisa.K                  | Sarina        |               |               |       |            |       |       |                |               |               |               |       |       |  |  |  |  |  |
| 12:30 ～ 13:30            |               | 12:00 ～ 13:00  | 12:30 ～ 13:30  |               | 12:00 ～ 13:00  | 12:00 ～ 13:00            | 12:00 ～ 13:00 | 12:30 ～ 13:30 |               |       |            |       |       |                |               |               |               |       |       |  |  |  |  |  |
| Waist 🏊                  |               | Basic 🏊        | Shape up waist |               | Back & Arm 🏊   | Hip & Leg 🏊              | Waist 🏊       |               |               |       |            |       |       |                |               |               |               |       |       |  |  |  |  |  |
| ayu.Y                    |               | Shio.K         | ayu.Y          |               | Sarina         | Shio.K                   | ayu.Y         |               |               |       |            |       |       |                |               |               |               |       |       |  |  |  |  |  |
| 14:30 ～ 15:30            |               | 13:30 ～ 14:30  | close          |               | 13:30 ～ 14:30  | 13:30 ～ 14:30            | 13:30 ～ 14:30 | 14:30 ～ 15:30 |               |       |            |       |       |                |               |               |               |       |       |  |  |  |  |  |
| Basic 🏊                  |               | Body Balance   |                |               | Shape up waist | Basic 🏊                  | Back & Arm 🏊  |               |               |       |            |       |       |                |               |               |               |       |       |  |  |  |  |  |
| Shio.K                   |               | Alisa.K        |                |               | ayu.Y          | Shio.K                   | Sarina        |               |               |       |            |       |       |                |               |               |               |       |       |  |  |  |  |  |
| 16:30 ～ 17:30            |               | close          |                |               | close          | close                    | close         | 15:00 ～ 16:00 | 16:30 ～ 17:30 |       |            |       |       |                |               |               |               |       |       |  |  |  |  |  |
| Stretch & Conditioning 🏊 |               |                |                |               |                |                          |               | Waist 🏊       | Basic 🏊       |       |            |       |       |                |               |               |               |       |       |  |  |  |  |  |
| ayu.Y                    |               |                |                |               |                |                          |               | Alisa.K       | ayu.Y         |       |            |       |       |                |               |               |               |       |       |  |  |  |  |  |
| close                    |               |                |                |               |                |                          |               | close         | close         | close | close      | close | close |                |               |               |               |       |       |  |  |  |  |  |
|                          |               |                |                |               |                |                          |               |               |               |       |            |       |       | 17:30 ～ 18:30  |               |               |               |       |       |  |  |  |  |  |
|                          |               |                |                |               |                |                          |               |               |               |       |            |       |       | Basic 🏊        |               |               |               |       |       |  |  |  |  |  |
|                          |               |                |                |               |                |                          |               |               |               |       |            |       |       | Shio.K         |               |               |               |       |       |  |  |  |  |  |
|                          |               |                |                |               |                |                          |               |               |               |       |            |       |       | 18:00 ～ 19:00  | 18:00 ～ 19:00 | 18:00 ～ 19:00 | 18:00 ～ 19:00 | close | close |  |  |  |  |  |
|                          |               |                |                |               |                |                          |               |               |               |       |            |       |       | Shape up waist | Waist 🏊       | Back & Arm 🏊  | Basic 🏊       |       |       |  |  |  |  |  |
|                          |               |                |                |               |                |                          |               |               |               |       |            |       |       | ayu.Y          | Alisa.K       | ayu.Y         | Shio.K        |       |       |  |  |  |  |  |
|                          |               | 19:30 ～ 20:30  |                |               | 19:30 ～ 20:30  | 19:30 ～ 20:30            | 19:30 ～ 20:30 |               |               |       |            |       |       |                |               |               |               |       |       |  |  |  |  |  |
| Basic 🏊                  | Hip & Leg 🏊   | Basic 🏊        | Hip & Leg 🏊    |               |                |                          |               |               |               |       |            |       |       |                |               |               |               |       |       |  |  |  |  |  |
| ayu.Y                    | Shio.K        | Alisa.K        | Shio.K         |               |                |                          |               |               |               |       |            |       |       |                |               |               |               |       |       |  |  |  |  |  |
| 21:00 ～ 22:00            | 21:00 ～ 22:00 | 21:00 ～ 22:00  | 21:00 ～ 22:00  | 21:00 ～ 22:00 | close          | close                    |               |               |               |       |            |       |       |                |               |               |               |       |       |  |  |  |  |  |
| Hip & Leg 🏊              | Basic 🏊       | Shape up waist | Back & Arm 🏊   |               |                |                          |               |               |               |       |            |       |       |                |               |               |               |       |       |  |  |  |  |  |
| Shio.K                   | Shio.K        | ayu.Y          | Sarina         |               |                |                          |               |               |               |       |            |       |       |                |               |               |               |       |       |  |  |  |  |  |

🟢 : 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。

pilates K ぐずはモール 【 11/17 ～ 11/24 】 スケジュール

2025/10/29 更新

| 11/17         | 11/18          | 11/19 | 11/20 | 11/21                     | 11/22         | 11/23         | 11/24 |               |
|---------------|----------------|-------|-------|---------------------------|---------------|---------------|-------|---------------|
| 月             | 火              | 水     | 木     | 金                         | 土             | 日             | 月     |               |
| 10:30 ~ 11:30 | 10:30 ~ 11:30  | close | close | 10:30 ~ 11:30             | 10:30 ~ 11:30 | 10:30 ~ 11:30 | close |               |
| Waist 🏋️      | Shape up waist |       |       | Basic 🏋️                  | Hip & Leg 🏋️  | Back & Arm 🏋️ |       |               |
| Alisa.K       | ayu.Y          |       |       | Shio.K                    | Alisa.K       | Sarina        |       |               |
| 12:30 ~ 13:30 | 12:00 ~ 13:00  |       |       | 12:00 ~ 13:00             | 12:00 ~ 13:00 | 12:30 ~ 13:30 |       |               |
| Basic 🏋️      | Back & Arm 🏋️  |       |       | Stretch & Conditioning 🏋️ | Back & Arm 🏋️ | Basic 🏋️      |       |               |
| Shio.K        | Sarina         |       |       | Alisa.K                   | Sarina        | Alisa.K       |       |               |
| close         | 13:30 ~ 14:30  |       |       | 13:30 ~ 14:30             | 13:30 ~ 14:30 | 14:30 ~ 15:30 |       |               |
|               | Basic 🏋️       |       |       | Hip & Leg 🏋️              | Basic 🏋️      | Back & Arm 🏋️ |       |               |
|               | ayu.Y          |       |       | Shio.K                    | Alisa.K       | Sarina        |       |               |
|               | close          |       |       | close                     | close         | 15:00 ~ 16:00 |       | 16:30 ~ 17:30 |
|               |                |       |       |                           |               | Back & Arm 🏋️ |       | Body Balance  |
|               |                |       |       |                           |               | Sarina        |       | Alisa.K       |
| close         |                |       |       |                           |               | close         |       |               |
| 17:30 ~ 18:30 |                |       |       |                           |               |               |       |               |
| Basic 🏋️      |                |       |       |                           |               |               |       |               |
| Alisa.K       |                |       |       |                           |               |               |       |               |
| 18:00 ~ 19:00 | 18:00 ~ 19:00  |       |       | 18:00 ~ 19:00             | 18:00 ~ 19:00 | close         |       |               |
| Body Balance  | Hip & Leg 🏋️   |       |       | Basic 🏋️                  |               |               |       |               |
| Alisa.K       | Shio.K         |       |       | Alisa.K                   |               |               |       |               |
| 19:30 ~ 20:30 | 19:30 ~ 20:30  |       |       | 19:30 ~ 20:30             | close         |               |       |               |
| Basic 🏋️      | Back & Arm 🏋️  |       |       | Waist 🏋️                  |               |               |       |               |
| Alisa.K       | Sarina         |       |       | Alisa.K                   |               |               |       |               |
| 21:00 ~ 22:00 | 21:00 ~ 22:00  |       |       | 21:00 ~ 22:00             |               |               |       |               |
| Back & Arm 🏋️ | Basic 🏋️       |       |       | Back & Arm 🏋️             |               |               |       |               |
| Sarina        | Shio.K         |       |       | Sarina                    |               |               |       |               |

pilates K ぐずはモール 【 11/25 ～ 11/30 】 スケジュール

2025/10/29 更新

| 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 |                |
| Waist 🍌                  | Basic 🍌       |       | Hip & Leg 🍌    | Waist 🍌       | Basic 🍌       |                |
| Alisa.K                  | Shio.K        |       | Alisa.K        | ayu.Y         | Alisa.K       |                |
| 12:00 ~ 13:00            | 12:30 ~ 13:30 |       | 12:00 ~ 13:00  | 12:00 ~ 13:00 | 12:30 ~ 13:30 |                |
| Basic 🍌                  | Back & Arm 🍌  |       | Shape up waist | Basic 🍌       | Waist 🍌       |                |
| Shio.K                   | Sarina        |       | ayu.Y          | ayu.Y         | Alisa.K       |                |
| 13:30 ~ 14:30            | close         |       | 13:30 ~ 14:30  | 13:30 ~ 14:30 | 14:30 ~ 15:30 |                |
| Stretch & Conditioning 🍌 |               |       | Basic 🍌        | Back & Arm 🍌  | Basic 🍌       |                |
| Alisa.K                  |               |       | Alisa.K        | Sarina        | ayu.Y         |                |
| close                    |               |       | close          | close         | 15:00 ~ 16:00 | 16:30 ~ 17:30  |
|                          |               |       |                |               | Basic 🍌       | Shape up waist |
|                          |               |       |                |               | ayu.Y         | ayu.Y          |
|                          |               |       |                |               | close         | close          |
|                          |               |       |                |               | 17:30 ~ 18:30 |                |
|                          |               |       |                |               | Back & Arm 🍌  |                |
| 18:00 ~ 19:00            |               |       | 18:00 ~ 19:00  | 18:00 ~ 19:00 | 18:00 ~ 19:00 | close          |
| Hip & Leg 🍌              | Waist 🍌       |       | Basic 🍌        | Back & Arm 🍌  |               |                |
| Shio.K                   | Alisa.K       |       | Shio.K         | Sarina        |               |                |
| 19:30 ~ 20:30            | 19:30 ~ 20:30 |       | 19:30 ~ 20:30  | 19:30 ~ 20:30 |               |                |
| Basic 🍌                  | Back & Arm 🍌  |       | Body Balance   | Basic 🍌       |               |                |
| ayu.Y                    | Sarina        |       | Alisa.K        | ayu.Y         |               |                |
| 21:00 ~ 22:00            | 21:00 ~ 22:00 |       | 21:00 ~ 22:00  | 21:00 ~ 22:00 |               |                |
| Shape up waist           | Basic 🍌       |       | Hip & Leg 🍌    | Back & Arm 🍌  |               |                |
| ayu.Y                    | Alisa.K       |       | Alisa.K        | Sarina        |               |                |

🌱 : 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。