pilates K 久屋大通パーク店			11/0)1	~	11/0	8]	スケ	ジュ-	ール						2025/10	/12	更新			
	11/01			11/02			11/03			11/04			11/05		11/	11/06 11/07					11/08	
	±			Ħ			月			火			水		7	ς .		金			±	
10:30	~	11:30	10:30	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		Body Balance		Basic		Back & Arm		Waist				Back & Arm		m	Waist						
	Nanako.K		Akane			Madoka.T			megumi.Y				Nanako.K			megumi.Y		Nanako.K		ĸ		
12:00	~	13:00	12:30	~	13:30	12:00	~	13:00	12:00	~	13:00	12:30	~	13:30			12:00	~	13:00	12:00	~	13:00
Ba	Back & Arm		Basic		Release&Strength		ength	Basic		jump to burn				Pilates Barre		arre	Hip & Leg					
	Natsum	е	-	Madoka.	т	-	Natsume	,	N	lanako.i	к		Akane					Natsum	ne .	Akane		
13:30	~	14:30	14:30	~	15:30	13:30	~	14:30	13:30	~	14:30						13:30	~	14:30	13:30	~	14:30
Pila	Pilates Workout		Hi	p&Leg	ı	١	Waist		Stretch & Conditioning						Shape up waist		Basic					
	Akane			Natsume		,	Nanako.K		megumi.Y								Natsum	ne	-	Nanako.i	к	
15:00	~	16:00	16:30	~	17:30	15:00	~	16:00				1			clo	se				15:00	~	16:00
,	Waist		-	Basic		Hip & Leg										Body Balance		nce				
	Nanako.	.K		Madoka.T Natsume			,									Akane						
	close			close		close		close				close			close							
17:30	~	18:30				17:30	~	18:30												17:30	~	18:30
Pil	ates B	arre			E	Basic											Leg Lines		es			
	Natsum	e				,	Madoka.T	г													Akane	
									18:00	~	19:00	18:00	~	19:00	18:00 ~	19:00	18:00	~	19:00			
				close					E	Basic		Вас	k&Arı	m	Stretch & Co	nditioning		Basic				
						N	lanako.i	к	megumi.Y		megu	ımi.Y		Nanako	.ĸ							
	close								19:30 ~ 20:30		20:30	19:30 ~ 20:30 19:30 ~		20:30	19:30 ~ 20:30			20:30				
					close		close		Leg Lines		Basic Madoka.T		Shape up waist		Back & Arm		close					
								Akane									1					
									21:00	~	22:00	21:00	~	22:00	21:00 ~	22:00	21:00	~	22:00			
									Bod	ly Bala	ince	Pilates Barre		Back & Arm		Waist						
										Akane		'	Natsum	0	megu	ımi.Y		Nanako	.K			

pilates K 久屋大通パー		ーク店		[11/0)9	~	11/1	6	1	スケジ	ュール							2025/1	0/12	更新				
•	11/09		11/10		11/10		11/11		11/12		11	/13	11/14		11/15		11/16								
	ш			月			火			水		:	*		金			±			Ħ				
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	jump to burn		Back & Arm		Basic		Shape up waist				Basic		Pilates Barre		Waist										
1	Akane		megumi.Y			Nanako.K			Natsume						Madoka.T		1	latsum	10	Nanako.K		к			
12:30	12:30 ~ 13:30		12:30 ~ 13:30		12:00	~	13:00	12:30	12:30 ~ 13:30		ı		12:00	~	13:00	12:00	~	13:00	12:30	~	13:30				
Back	Back & Arm		Leg Lines		Waist			Basic				Waist		Back & Arm		Shape up waist									
me	gumi.\	1		Akane		1	lanako.	į.	N	ladoka.	Г				Nanako	.K	m	megumi.Y			Natsume				
14:30	~	15:30				13:30	~	14:30					13:30	~	14:30	13:30	~	14:30	14:30	~	15:30				
Ва	Basic				Basic							Basic		Waist		Hip & Leg									
Ma	adoka.T	г			Madoka.T								Madoka.T		N	lanako	.K		Natsume						
16:30	~	17:30									close				15:00	~	16:00	16:30	~	17:30					
Stretch & C	ondit	tioning												Stretch & Conditioning		Basic									
me	gumi.\			close			close						megumi.Y		Madoka.T		т								
			close							clos		close	•	close		÷									
															17:30	~	18:30	ז							
														Hip & Leg											
																	<u> </u>	latsum	16						
			18:00	~	19:00	18:00	~	19:00	18:00	~	19:00	18:00	~ 19:00	18:00	~	19:00									
С	lose		Basic		Basic Hip & Le		&Leg		V	Vaist		Release&Strength		Pilates Barre		arre					close				
			N	ladoka.	Т		Akane		N	lanako.l	•	Nat	sume		Natsum	ie									
			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		Stretch & Co	onditioning	Basic		close											
			Akane		Akane			Akane		Madoka.T		m	negumi.\	1	meg	umi.Y	Nanako.K								
			21:00	~	22:00	21:00	~	22:00	21:00	~	22:00	21:00	~ 22:00	21:00	~	22:00									
			Basic		jump to bu		ırn	Pilates Workout		Hip & Leg		Back & Arm													
		N	ladoka.	т		Akane			Akane		Nat	sume		Natsum	e										

pilates K 久屋大通バ	一ク店	11/17 ~	11/24	スケジュール		2025/10/12 更新			
11/17	11/18	11/19	11/20	11/21	11/22	11/23	11/24		
Я	火	*	*	±	±	B	Я		
10:30 ~ 11:30 Basic	10:30 ~ 11:30 Back & Arm			10:30 ~ 11:30 Waist	10:30 ~ 11:30 Basic	10:30 ~ 11:30 Stretch & Conditioning	10:30 ~ 11:30 Back & Arm		
Madoka.T	megumi.Y			Nanako.K	Madoka.T	Nanako.K	megumi.Y		
12:30 ~ 13:30	12:00 ~ 13:00			12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30	12:00 ~ 13:00		
Back & Arm	Basic			Basic	Pilates Barre	Basic	Hip & Leg		
megumi.Y	Madoka.T			Nanako.K	Natsume	Madoka.T	Akane		
	13:30 ~ 14:30			13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30	13:30 ~ 14:30		
	Stretch & Conditioning			Pre Basic	Basic	Back & Arm	Basic		
	megumi.Y			Akane	Madoka.T	megumi.Y	Nanako.K		
					15:00 ~ 16:00	16:30 ~ 17:30	15:00 ~ 16:00		
					Hip & Leg	Waist	Back & Arm		
					Natsume	Nanako.K	megumi.Y		
close	close	close	close	close	close		close		
					17:30 ~ 18:30	1	17:30 ~ 18:30		
					Release&Strength		jump to burn		
					Natsume		Akane		
18:00 ~ 19:00	18:00 ~ 19:00			18:00 ~ 19:00					
Pre Basic	Pilates Workout					close			
Akane	Akane			Natsume	-				
19:30 ~ 20:30	19:30 ~ 20:30			19:30 ~ 20:30					
Basic	Waist			jump to burn	close		close		
Madoka.T	Nanako.K			Akane	-				
21:00 ~ 22:00	21:00 ~ 22:00			21:00 ~ 22:00					
Body Balance	Hip&Leg			Release&Strength					
Akane	Akane			Natsume					

2025/10/12

pilates K 久屋大通ハ	ーク店	11/25 ~	11/30	スケジュール				
11/25	11/26	11/27	11/28	11/29	11/30			
火	水	*	±	±	Ħ			
10:30 ~ 11:30 Basic	10:30 ~ 11:30 Waist		10:30 ~ 11:30	10:30 ~ 11:30 Back & Arm	10:30 ~ 11:30 Pre Basic			
Dasic	vvaist		Dasic	Back & Arm	Pre Basic			
Nanako.K	Nanako.K		Madoka.T	megumi.Y	Akane			
12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30			
Pilates Workout	Back & Arm		Hip & Leg	Basic	Body Balance			
Akane	megumi.Y		Natsume	Madoka.T	Akane			
13:30 ~ 14:30			13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30			
Stretch & Conditioning			Leg Lines	Stretch & Conditioning	Basic			
Nanako.K			Natsume	megumi.Y	Madoka.T			
		close		15:00 ~ 16:00	16:30 ~ 17:30			
				Shape up waist	Back & Arm			
				Natsume	megumi.Y			
close	close		close	close				
				17:30 ~ 18:30				
				Basic				
				Madoka.T				
18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00		1			
Body Balance	Release&Strength	jump to burn	Back & Arm		close			
Akane	Natsume	Akane	megumi.Y					
19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30					
Pilates Barre	Basic	Pre Basic	Waist	close				
Natsume	Madoka.T	Akane	Nanako.K					
21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00					
Hip & Leg	Leg Lines	Basic	Stretch & Conditioning					
Natsume	Natsume	Madoka.T	Nanako.K					