	pilate	ss K 南大i	尺店		[11/01	~	11/0	80	1	スケ	ジュ-	ール							2025/10	/14	更新
11/01			11/02			11/03		11/04		11/05			11/06		11/07		11/08					
	±		E		月			火		*			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
Bac	Back & Arm		jump to burn				Basic		Waist					Hip & Leg		Pilates Barre		arre				
	sumire.a	a		Miku.l				у	/umika.o			sumire.a	1					Miku.l		:	umika.	0
12:00	~	13:00	12:30	~	13:30			12:00	~	13:00	12:30	~	13:30				12:00	~	13:00	12:00	~	13:00
Pilates Barre		Basic				v	Vaist		Le	eg Line	es				Waist			- 1	Basic			
3	yumika.	0	3	umika.	,				sumire.a			yukino						sumire.	a		sumire.	a
13:30	~	14:30	14:30	~	15:30			13:30	~	14:30				1			13:30	~	14:30	13:30	~	14:30
Basic		Hip & Leg				Back & Arm							Basic		jump to burn		urn					
,	yumika.o		Miku.l				5	sumire.a						close		Miku.l			Miku.I			
15:00	~	16:00	16:30	~	17:30						1			1						15:00	~	16:00
Pila	Pilates Cardio		Pilates Barre								close								Back & Arm			
	yukino		yumika.o						Ciose									sumire.a		a		
						close			close									close				
17:30	~	18:30																		17:30	~	18:30
١	Vaist																			Hip & Leg		ı
	sumire.a																				Miku.l	
				close				18:00	~	19:00	18:00	~	19:00	18:00	~	19:00	18:00	~	19:00			
			ciose				Hip & Leg			Pilates Cardio		Basic		Stretch & Conditioning								
								Miku.I			yukino			yumika.o			yumika.o					
	close							19:30	~	20:30	19:30	~	20:30	19:30	~	20:30	19:30	~	20:30		close	
	Close							Shape up waist			Basic		Waist		Leg Lines		es	GlOSe				
									yukino			Miku.l			Miku.l			yukino				
								21:00	~	22:00	21:00	~	22:00	21:00	~	22:00	21:00	~	22:00			
								Releas	se&Stre	ength	Hip	&Leg		Pil	ates B	arre	Sha	pe up	waist			
									yukino			Miku.l			yumika.	0		yukino)			

pilates K 南大沢	店【	11/09 ~	11/16	スケジュール			2025/10/14 更新	
11/09	11/10	11/11	11/12	11/13	11/14	11/15	11/16	
Ħ	月	火	*	*	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	
Leg Lines		Shape up waist	Basic		Back & Arm	Leg Lines	Hip & Leg	
yukino		yukino	yumika.o		yukino	yukino	Miku.l	
12:30 ~ 13:30		12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30	
Stretch & Conditioning		Basic	Pilates Cardio		Basic	Basic	Basic	
yumika.o		Miku.l	yukino		sumire.a	yumika.o	sumire.a	
14:30 ~ 15:30		13:30 ~ 14:30			13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30	
Basic		Hip & Leg			Shape up waist	Waist	jump to burn	
yumika.o		yukino		close	yukino	sumire.a	Miku.l	
16:30 ~ 17:30						15:00 ~ 16:00	16:30 ~ 17:30	
Pilates Cardio			close			Pilates Barre	Waist	
yukino			Close			yumika.o	sumire.a	
	close	close			close	17:30 ~ 18:30		
						Back & Arm		
						sumire.a		
close		18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00		close	
Joseph		Back & Arm	Hip & Leg	Pilates Barre	Waist		0000	
		sumire.a	Miku.I	yumika.o	sumire.a			
		19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	close		
		Pilates Barre	Waist	Hip & Leg	Basic	5,555		
		yumika.o	sumire.a	Miku.I	Miku.I]		
		21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00			
		Waist	jump to burn	Basic	Hip & Leg			
		sumire.a	Miku.l	yumika.o	Miku.I			

ilates K 南ブ			11/24	スケジュール		44.00	2025/10/14
11/17	11/18	11/19	11/20	11/21	11/22	11/23	11/24
Я	火 10:30 ~ 11	水 30 10:30 ~ 11:30	*	± 10:30 ~ 11:30	± 10:30 ~ 11:30	10:30 ~ 11:30	月
	Waist	Back & Arm		jump to burn	Waist	Basic	
	sumire.a	sumire.a		Miku.l	yumika.o	sumire.a	
	12:00 ~ 13	00 12:30 ~ 13:30)	12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30	
	jump to burn	Basic		Stretch & Conditioning	Hip & Leg	jump to burn	
	Miku.l	Miku.I		yumika.o	Miku.l	Miku.l	
	13:30 ~ 14	80		13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30	
	Basic			Waist	Pilates Barre	Back & Arm	
	sumire.a		close	Miku.I	yumika.o	sumire.a	
					15:00 ~ 16:00	16:30 ~ 17:30	
		close			Back & Arm	Hip & Leg	
		Ciose			sumire.a	Miku.l	
close	close			close			close
					17:30 ~ 18:30 Basic		
	10:00 10	20.00	10.00	10.00	Miku.I		
	18:00 ~ 19	00 18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00		close	
	Stretch & Conditioning	Shape up waist	Waist	Basic			
	yumika.o	yukino	yumika.o	sumire.a			
	19:30 ~ 20		-	19:30 ~ 20:30			
	Pilates Cardio	Hip & Leg	Basic	Back & Arm	close		
	yukino	Miku.I	yumika.o	sumire.a			
	21:00 ~ 22	00 21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	1		
	Pilates Barre	Release&Strength	Leg Lines	Waist			

pilates	K 南大沢	店		[11/2	25	~			1	スケ	ジュ-	ール					
11/25			11/26			11/27			11/28			11/29		11/30				
火	火		水		*				金			±			目			
10:30 ~	11:30	10:30	~	11:30				10:30	~	11:30	10:30	~	11:30	10:30	~	11:30		
Leg Line	es	Е	Basic					Hip	&Leg		Stretch &	Condi	tioning	jun	np to b	ourn		
yukino	,	у	/umika.	0					Miku.l		3	rumika.	0		yukino	,		
12:00 ~	13:00	12:30	~	13:30				12:00	~	13:00	12:00	~	13:00	12:30	~	13:30		
Shape up	waist	Pila	tes Ca	ırdio				Basic			Sha _l	oe up v	waist	٧	Naist			
yukino	,		yukino	1					Miku.l		yukino		3	yumika.	0			
13:30 ~	~ 14:30						13:30	~	14:30	13:30	~	14:30	14:30	~	15:30			
Hip & Leg							Pila	ites Ba	irre	Basic			Basic					
Miku.I	Ì				close yumika.o				•		sumire.	a	yumika.o					
											15:00	~	16:00	16:30	~	17:30		
		close									Leg Lines			Release&Strength				
		didd										yukino		yukino				
close									close									
													17:30	~	18:30			
											V	Vaist						
												sumire.	a					
18:00 ~	19:00	18:00	~	19:00	18:00	~	19:00	18:00	~	19:00								
Waist		Back & Arm Basic				Leg Lines							close					
yumika.o		5	sumire.a Miku.I					yukino										
19:30 ~	20:30	19:30	~	20:30	19:30	~	20:30	19:30	~	20:30		close						
	Back & Arm		jump to burn			Back & Arm			Waist			CIUSO						
Back & Ar																		
Back & Ar		,	Miku.l		s	sumire.a	1	:	sumire.a	ı								
		21:00	Miku.l	22:00	21:00	sumire.a	22:00	21:00	sumire.a									
sumire.	a	21:00			21:00 Hip		22:00	21:00		22:00								