pi	lates i	K フジグラ	重信		[11/01	~	11/0	8	1	スケ	ジュ-	ール						2025/10	/28	更新
	11/01			11/02		11/03			11/04			11/05		11	/06		11/07	1		11/08	
	±			Ħ		月			火			水			*		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
Stretch &	.Condi	tioning	Bac	k&Arr	n			E	Basic		V	Vaist					Waist		Hi	p&Leg	l
	Miho.S			Miho.S					Akari.O			Akari.O					Saaya.	т		Miho.S	
12:00	~	13:00	12:30	~	13:30			12:00	~	13:00	12:30	~	13:30			12:00	~	13:00	12:00	~	13:00
١	Vaist		E	Basic				v	Vaist		Вас	k&Arr	n				Basic		Bac	k&Arr	n
	Saaya.T			Akari.O				:	Saaya.T			Kiho.T					Akari.)		Kiho.T	
13:30	~	14:30	14:30	~	15:30			13:30	~	14:30						13:30	~	14:30	13:30	~	14:30
Вас	k&Arr	n	Hij	&Leg				E	Basic								Waist		,	Waist	
	Miho.S			Miho.S					Akari.O					cl	ose		Saaya.	т		Saaya.T	
15:00	~	16:00	16:30	~	17:30						1								15:00	~	16:00
Hij	&Leg	ſ	E	Basic								close							Hi	p&Leg	ı
	Kiho.T			Akari.O								CIOSO								Miho.S	
						close			close								close	•			
17:30	~	18:30																	17:30	~	18:30
Bac	k&Arr	n		close															Bac	k&Arr	n
	Kiho.T			01000																Kiho.T	
								17:30	~	18:30	17:30	~	18:30	17:30	~ 18:30	17:30	~	18:30			
								Вас	k&Arm		Hip	&Leg		Stretch & Co	onditioning	н	ip&Le	g			
									Kiho.T			Kiho.T		Ak	ari.O		Miho.	3			
	close							19:00	~	20:00	19:00	~	20:00	19:00	~ 20:00	19:00	~	20:00		close	
	CIOSO							Hip	&Leg		v	Vaist		Wa	ist		Basic			GIOSO	
									Miho.S			Saaya.T	-	Sa	ıya.T		Akari.)			
								20:30	~	21:30	20:30	~	21:30	20:30	~ 21:30	20:30	~	21:30			
								Вас	k&Arm		Hip	&Leg		Bas	sic	Stretch	&Cond	litioning			
									Kiho.T			Kiho.T		Ak	ari.O		Miho.	8			

pilates K フジケラ	ン重信	11/09 ~	11/16	スケジュール			2025/10/28 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 ~ 11:3)	10:30 ~ 11:30	10:30 ~ 11:30		10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30
Basic		Hip & Leg	Basic		Back & Arm	Waist	Hip & Leg
Akari.O		Kiho.T	Akari.O		Miho.S	Saaya.T	Miho.S
12:30 ~ 13:3)	12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30
Hip & Leg		Back & Arm	Hip & Leg		Basic	Back & Arm	Stretch & Conditioning
Kiho.T		Kiho.T	Miho.S		Akari.O	Kiho.T	Akari.O
14:30 ~ 15:3)	13:30 ~ 14:30			13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30
Stretch & Conditioning		Waist			Hip & Leg	Waist	Back & Arm
Akari.O		Saaya.T		close	Miho.S	Saaya.T	Miho.S
16:30 ~ 17:3)					15:00 ~ 16:00	16:30 ~ 17:30
Basic			close			Hip & Leg	Basic
Akari.O			Close			Kiho.T	Akari.O
	close	close			close	17:30 ~ 18:30 Back & Arm	
close						Duck GAIII	close
0.000						Kiho.T	3.555
		17:30 ~ 18:30 Back & Arm	17:30 ~ 18:30 Waist	17:30 ~ 18:30 Basic	17:30 ~ 18:30 Back&Arm		
		Miho.S	Saaya.T	Akari.O	Kiho.T		
		19:00 ~ 20:00	19:00 ~ 20:00	19:00 ~ 20:00	19:00 ~ 20:00		
		Waist	Hip & Leg	Back & Arm	Waist	close	
		Saaya.T	Miho.S	Kiho.T	Saaya.T		
		20:30 ~ 21:30	20:30 ~ 21:30	20:30 ~ 21:30	20:30 ~ 21:30		
		Hip & Leg	Back & Arm	Hip & Leg	Hip & Leg		
	1	Miho.S	Miho.S	Miho.S	Kiho.T	I .	l .

pilates K フジグランク	重信	11/17 ~	11/24	スケジュール			2025/10/28 更新
11/17	11/18	11/19	11/20	11/21	11/22	11/23	11/24
Я	火	水	*	±	±	ш	月
		10:30 ~ 11:30 Back & Arm		10:30 ~ 11:30 Hip & Leg	10:30 ~ 11:30 Back & Arm	10:30 ~ 11:30 Basic	
		Miho.S		Kiho.T	Kiho.T	Akari.O	
		12:30 ~ 13:30	1	12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30	
		Waist		Waist	Basic	Waist	
		Saaya.T		Miho.S	Akari.O	Saaya.T	
				13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30	
				Back & Arm	Hip & Leg	Basic	
			close	Kiho.T	Kiho.T	Akari.O	
					15:00 ~ 16:00	16:30 ~ 17:30	
		close			Waist	Waist	
		Gloso			Saaya.T	Saaya.T	
close	close			close			close
					17:30 ~ 18:30		
					Stretch & Conditioning	close	
					Akari.O	Close	
		17:30 ~ 18:30	17:30 ~ 18:30	17:30 ~ 18:30			
		Basic	Back & Arm	Stretch & Conditioning			
		Akari.O	Kiho.T	Akari.O			
		19:00 ~ 20:00	19:00 ~ 20:00	19:00 ~ 20:00	close		
		Waist	Hip & Leg	Waist			
		Saaya.T	Kiho.T	Saaya.T			
		20:30 ~ 21:30	20:30 ~ 21:30	20:30 ~ 21:30			
		Basic	Waist	Basic			
		Akari.O	Saaya.T	Akari.O			

pilates K フジグラン重信						11/2	25	~	11/3	30	1	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	10:30	~	11:30				10:30	~	11:30	10:30	~	11:30	10:30	~	11:30	
Stretch & Conditioning			E	Basic					Hij	Hip&Leg			Basic			Basic		
Akari.O		,		Akari.O					Miho.S				Akari.O			Akari.0		
12:00	~	- 13:00 12:30 ~ 13:30						12:00	~	13:00	12:00	~	13:00	12:30	~	13:30		
Basic Hip&Leg								Stretch & Conditioning			Hip & Leg			Bac	k & Arı	m		
	Akari.O)		Miho.S						Miho.S			Kiho.T			Kiho.T		
13:30	~	14:30							13:30	~	14:30	13:30	~	14:30	14:30	~	15:30	
Bac	ck&Arı	m							Bac	Back & Arm			Waist			Basic		
	Kiho.T					close			Kiho.T				Akari.O			Akari.0)	
			close									15:00 ~ 16:00 Back & Arm			16:30 ~ 17:30 Hip&Leg			
			CiOab									Kiho.T			Kiho.T			
close									close						-			
												17:30	~	18:30				
			1									Basic						
													Akari.O			close		
17:30	~	18:30	17:30	~	18:30	17:30	~	18:30	17:30	~	18:30							
Hij	p&Leg	1	Back & Arm			Hip & Leg			Waist									
	Miho.S			Miho.S		Miho.S			Saaya.T									
19:00	~	20:00	19:00	~	20:00	19:00	~	20:00	19:00	~	20:00		close					
Back & Arm		Hip & Leg			Waist			Hip & Leg			CIOSO							
Miho.S				Miho.S		Saaya.T			Kiho.T									
20:30	~	21:30	20:30	~	21:30	20:30	~	21:30	20:30	~	21:30							
Waist			E	Basic		Bac	Back & Arm		Waist									
Saaya.T				Akari.O		Miho.S			Saaya.T									