pilates K 新宿西口				11/01	~	11/08			スケジュール									2025/10	V14	更新		
11/01		11/02		11/03		11/04		11/05		11/06				11/07			11/08					
	± H			月			火			水			木			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	
Release&Strength		Hip&Leg				Waist kanako.H			Basic					Hip & Leg		Back & Arm		n				
Ayumi.S		maika.O						:	sayaka.K	(				maika.O			sayaka.K		•			
12:00 ~ 13:00		13:00	12:30	~	13:30			12:00	~	13:00	12:00	~	13:00			12:00	~	13:00	12:00	~	13:00	
Hip & Leg		Basic				Back & Arm		1	١	Vaist					Basic			ı	Basic			
	naika.O			ayaka.l	(			s	ayaka.K		,	kanako.H	Н					maika.0	)		maika.C	)
13:30	~	14:30	14:30	~	15:30			13:30	~	14:30				1		j	13:30	~	14:30	13:30	~	14:30
Basic			Hip&Leg				Waist									Release&Strength			Waist			
s	ayaka.F	(	maika.O				k	kanako.H		Ayumi.S						kanako.H		н				
15:00	~	16:00	16:30	16:30 ~ 17:30							İ			c	close						~	16:00
Вас	Back & Arm		Waist														ı	Basic				
s	ayaka.F	(	kanako.H						close									sayaka.l	<			
						close	close									close						
17:30	~	18:30																		17:30	~	18:30
E	Basic																		Hi	p&Leg	ı	
	naika.O																				maika.C	)
								18:00	~	19:00	18:00	~	19:00	18:00	~ 19	:00	18:00	~	19:00			
			close				Release&Strength			Waist			Hip & Leg			Basic						
							Ayumi.S			kanako.H		maika.O			sayaka.K							
								19:30	~	20:30	19:30	~	20:30	19:30	~ 20	:30	19:30	~	20:30			
close							Basic			Hip & Leg			Basic			Back & Arm				close		
								s	ayaka.K			maika.O	,	AKARI.n				sayaka.	к			
								21:00	~	22:00	21:00	~	22:00	21:00	~ 22	:00	21:00	~	22:00			
								Hip	&Leg		E	Basic		Back & Arm			Waist					
							,	Ayumi.S		maika.O			AKARI.n			kanako.H						

pilates K 新宿西	п <b>(</b>	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	
Basic		Hip & Leg	Basic		Waist	Basic	Back & Arm	
maika.O		maika.O	sayaka.K		kanako.H	sayaka.K	Ayumi.S	
12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30	
Back & Arm		Basic	Waist		Release&Strength	Hip & Leg	Basic	
sayaka.K		maika.O	kanako.H		Ayumi.S	yukika.s	maika.O	
14:30 ~ 15:30		13:30 ~ 14:30			13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30	
Basic		Back & Arm			Waist	Back & Arm	Release&Strength	
sayaka.K		Ayumi.S		close	kanako.H	sayaka.K	Ayumi.S	
16:30 ~ 17:30				CIOSE		15:00 ~ 16:00	16:30 ~ 17:30	
Hip & Leg						Waist	Basic	
maika.O			close			kanako.H	maika.O	
	close	close			close	17:30 ~ 18:30  Release&Strength		
						yukika.s		
			18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	yunind.5		
close			Basic	Back & Arm	Hip & Leg		close	
			maika.O	sayaka.K	maika.O			
		19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30			
		Basic	Release&Strength	Waist	Basic	close		
		sayaka.K	Ayumi.S	kanako.H	maika.O			
		21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00			
		Back & Arm	Hip & Leg	Basic	Back & Arm			
		sayaka.K	maika.O	sayaka.K	Ayumi.S			

pilates K 新宿西口		11/17 ~	11/24	スケジュール		2025/10/14 更新	
11/17	11/18	11/19	11/20	11/21	11/22	11/23	11/24
Я	火	*	*	<b>±</b>	±	B	月
	10:30 ~ 11:30 Basic	10:30 ~ 11:30 Waist		10:30 ~ 11:30 Hip & Leg	10:30 ~ 11:30  Release&Strength	Basic	
	sayaka.K	kanako.H		Ayumi.S	Ayumi.S	maika.O	
	12:00 ~ 13:00	12:00 ~ 13:00		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30	
	Back & Arm	Basic		Back & Arm	Basic	Waist	
	未定	maika.O		sayaka.K	sayaka.K	kanako.H	
	13:30 ~ 14:30			13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30	
	Basic			Release&Strength	Waist	Back & Arm	
	sayaka.K		close	Ayumi.S	kanako.H	未定	
			CiOSO		15:00 ~ 16:00	16:30 ~ 17:30	
					Back & Arm	Stretch & Conditioning	
		close			未定	未定	
close	close			close			close
					17:30 ~ 18:30		
					Waist		
	10.00	10.00	10.00 10.00	10.00 10.00	kanako.H		
	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00			
	Release&Strength	Basic	Stretch & Conditioning	Basic		close	
	Ayumi.S	sayaka.K	HARUKA.	sayaka.K	-		
	19:30 ~ 20:30 Hip&Leg	19:30 ~ 20:30 Back & Arm	19:30 ~ 20:30 Basic	19:30 ~ 20:30 Hip&Leg	close		
	Ayumi.S	未定	maika.O	maika.O			
	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	1		
	Waist	Release&Strength	Back & Arm	Basic			
	kanako.H	Ayumi.S	未定	sayaka.K			

pilates K 新宿西口						11/2	25	~	11/3	30	]	スケ	ジュ・	ール		2025/10/1		
	11/25			11/26			11/27			11/28			11/29		11/30			ĺ
火				水		*			<b>±</b>		±		Ħ					
10:30	~	11:30	10:30	~	11:30				10:30	~	11:30	10:30	~	11:30	10:30	~	11:30	ĺ
Back & Arm			Releas	se&Sti	rength				Back & Arm			Stretch & Conditioning			Hip & Leg			
AKARI.n				Ayumi.	3				未定			未定			maika.O			ĺ
12:00 ~ 13:00 12:00			~	13:00	1			12:00	~	13:00	12:00	~	13:00	12:30	~	13:30	ĺ	
Basic			V	Waist					Hip & Leg			١	Waist			Basic		
	AKARI.ı	n		anako.	н					Ayumi.	3		kanako.	н		maika.C	)	ĺ
13:30	~	14:30				1			13:30	~	14:30	13:30	~	14:30	14:30	~	15:30	ĺ
,	Waist					close			Basic			Hip & Leg			Release&Strength			
	kanako.	н							sayaka.K				maika.0	)	Ayumi.S			
												15:00	~	16:00	16:30	~	17:30	ĺ
			1									Basic			Waist			
			close									maika.O			kanako.H			
	close									close								
												17:30 ~ 18:30						
												Back & Arm						
												sayaka.K						
18:00	~	19:00	18:00	~	19:00	18:00	~	19:00	18:00	~	19:00							
Bad	Back & Arm		Stretch & Conditioning			Basic			Waist									
未定			未定			maika.C	)	kanako.H										
19:30	~	20:30	19:30	~	20:30	19:30	~	20:30	19:30	~	20:30							
Stretch 8	Stretch & Conditioning		Basic			Waist			Release&Strength			close						
未定			ayaka.l			kanako.			Ayumi.		1	]						
21:00	~	22:00	21:00	~	22:00	21:00	~	22:00	21:00 ~ 22:00									
Basic			Вас	Back & Arm			Stretch & Conditioning			Waist								
maika.O				未定			未定		ŀ	anako.	н							